

Cox's



MANUAL of GELATINE COOKERY



J. & G. COX
LIMITED,
Gorgie Mills,
EDINBURGH.

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COX'S

Manual of Gelatine Cookery

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EIGHTH EDITION

INTRODUCTION

THE reliability of COX'S INSTANT POWDERED GELATINE and the variety of recipes made generally available in previous editions of COX'S MANUAL OF GELATINE COOKERY have, more than any other influences, led to the present-day wide recognition of the delights and advantages of Gelatine Cookery.

This edition has been published in response to the ever-increasing interest taken in COX'S GELATINE and what it can do. Many of the more elaborate recipes have been simplified and a number of new and economical recipes introduced.

The preparation of the recipes was undertaken by Miss JEAN AITKEN, M.B.E., to whom special thanks are due.

J. & G. COX LIMITED
GORGIE MILLS, EDINBURGH

1938

Cox's Instant Powdered Gelatine

ALL cooks know by experience how frequently cold dishes are demanded, none being more in favour than those prepared with Gelatine. Being a protein, it is of definite nutritive value. Its importance in invalid cookery is now generally recognised, as it is of the greatest service as a means of presenting other articles of diet in an attractive and easily assimilable form, thus making easier the difficult task of tempting the patient's appetite. While it is an essential component of sweet and savoury jellies, Gelatine plays an important part in the making of cold moulds, soufflés, sponges, creams, and many other types of dishes. It is employed in making certain kinds of confections, and the addition of a little Gelatine to ices ensures a smooth creamy texture.

But to ensure uniformly good results in Gelatine Cookery, the Gelatine itself must be reliable and of constant strength. Users of COX'S INSTANT POWDERED GELATINE know that it is infallible. The strict control in our factory of this pure food product ensures that its strength never varies.

HISTORY AND MANUFACTURE

Nearly a hundred years ago the proprietors put on the market a culinary Gelatine in shredded form, Cox's Refined Sparkling Gelatine. This rapidly made a name as a valuable ingredient in cookery, on account of the light and elegant table jellies, which, through its use, became familiar to all who delight in well served meals.

Throughout our long history of Gelatine making, our factory has been situated in Edinburgh, one of the most famous centres of scientific endeavour and advance. Unremitting effort has kept Cox's Gelatine always first in quality, purity, and convenience in use.

A notable improvement about the beginning of the present century was the introduction of COX'S INSTANT POWDERED GELATINE. This is simply Cox's Gelatine, reduced mechanically to a powder, which, unlike the earlier shredded variety, dissolves rapidly when stirred into warm water. This property, which alone confers a striking superiority in convenience over leaf Gelatines, is accompanied by all the excellent qualities that have always distinguished Cox's Gelatine.

Every ounce of Cox's Gelatine is made in our own factory, under the close inspection of our scientific staff. From the selection of the raw material right through the processes of cleansing, cooking, drying, and packing our chemists are continually at work guarding against anything in the least degree detrimental to the quality of the product. Our works are situated in the western suburbs of Edinburgh, where the prevailing winds bring us clean hill-air from the Pentland Hills, and we possess an abundant supply of pure mountain water of unequalled quality for Gelatine manufacture.

Cox's Gelatine made under these ideal conditions has an unrivalled claim to be the best on the market and continually adds to the reputation of prior merit it won so many years ago.

HELPFUL NOTES

ON THE USE OF

Cox's Instant Powdered Gelatine

GENERAL DIRECTIONS

Gelatine softens and swells in cold water but it does not dissolve until the liquid is heated. It is when the solution cools that it forms a jelly which becomes firmer as the temperature falls.

COX'S INSTANT POWDERED GELATINE is the most convenient form in which Gelatine can be used, for it requires no soaking but dissolves rapidly when stirred into warm water.

In many cases, as may be seen from the recipes, it is simply added to the water with the other ingredients and dissolves as these are warmed and stirred. In other cases, when the liquid ingredients as a whole are too thick to allow the Gelatine to dissolve easily or when for any other reason one desires to add it after the other ingredients have been mixed or cooked, it may be dissolved in part of the water set aside and warmed for the purpose. If the cook at such a time finds it more convenient to do so the Gelatine may be soaked in a cold portion of the water, and the swollen mass either melted by warming or broken up with a spoon and then warmed with the rest of the ingredients.

If, on an odd occasion, a very concentrated solution of Gelatine in water is required, it will be found that COX'S INSTANT POWDERED GELATINE may be dissolved quite easily in as little as two and a half times its own weight of water, if the water is at a temperature of about 140°F. and the Gelatine is stirred into it fairly quickly.

COX'S INSTANT POWDERED GELATINE is distinguished by the facility with which it can be used with milk. Many Gelatines cause milk to curdle, but it will be found that with Cox's Gelatine this is not the case. It is, however, important that the milk should be fresh. When COX'S INSTANT POWDERED GELATINE is to be dissolved directly in milk, it is recommended that the Gelatine be mixed into the cold milk, and that the whole be then slowly warmed and stirred until the Gelatine dissolves.

SPECIAL PRECAUTIONS

GELATINE MUST NOT BE BOILED EXCEPT WHEN SPECIALLY ADVISED IN THE RECIPES. If boiling is unduly prolonged the Gelatine will no longer set on cooling and the dish in preparation will be spoiled.

When using fresh pineapple juice along with Gelatine it is essential to boil the juice for a few minutes BEFORE the Gelatine is added. The

juice of uncooked pineapple has the property of breaking down Gelatine and taking away its setting power, but boiling the juice destroys the naturally occurring substance which attacks the Gelatine.

The recipes throughout this book have been compiled with great care to suit ordinary weather conditions. Care in weighing and measuring is strongly recommended as the best results can be ensured only by adhering to the proportions given. The strength of a jelly, however, is greatly influenced by its temperature, and therefore in HOT WEATHER MORE GELATINE OR LESS LIQUID SHOULD BE USED.

Every jelly should be kept in a cool place up to the last moment before being sent to the table.

QUANTITIES

In this book the weights of all solids have been given in ounces or pounds and the measures of liquids in gills, pints, or quarts.

The following table may be handy for reference :—

4 gills	=	1 pint
2 pints	=	1 quart

Each $\frac{1}{4}$ -lb., $\frac{1}{2}$ -lb., and 1-lb. packet of COX'S INSTANT POWDERED GELATINE contains a tin measure, which holds a half-ounce of the powder. For convenience when very small quantities of the Gelatine have to be measured out, we may mention that a full-sized teaspoon slightly heaped holds about one-eighth of an ounce of COX'S INSTANT POWDERED GELATINE.

Half an ounce to three-quarters of an ounce of our Gelatine dissolved in a pint of liquid yields a jelly of good consistency under ordinary conditions of temperature. It will be noted, however, that somewhat different proportions of Gelatine are recommended in many of the recipes. In explanation of this we may say that the proportion of Gelatine should be greater in very large moulds, or when solid materials have to be supported by the jelly. Also, when jellies are to be cleared with white of egg, the proportion of Gelatine is slightly increased to make up for the slight loss in strength due to cooking the Gelatine with the other ingredients for the few minutes required.

A smaller proportion of Gelatine is used for small individual moulds or when a sweet is to be served in the dish in which it has set.

MOULDS

These may be of tin-lined copper, block-tin, aluminium, glass, or crockery. Metal moulds are best for general use but in some cases it is better to use glass or crockery moulds.

PREPARATION.—Moulds must be absolutely clean and free from grease. For jellies it is advisable to scald the mould with boiling water. All moulds should be rinsed with cold water just before use.

TO LINE A MOULD WITH JELLY.—Pour some cool but liquid jelly into a mould which has been rinsed with cold water and which, if

possible, has been cooled on ice. Turn the mould round and round so that the jelly runs over every portion. Keep the mould on crushed ice as it is turned. The jelly should form a thin glaze over the whole inner surface of the mould. If a thicker layer is required, let the first layer set, then pour in more liquid jelly and repeat the process.

TO DECORATE A MOULD.—Set a layer of jelly in the bottom of the mould, or line it all over as above. Use two long needles or skewers to put the decorations in place. Dip each piece of the decoration (little shapes of angelica, pistachio nuts, glacé cherries, etc.) in a little liquid jelly. Take it up on the needle and put it in position in the mould. When all are arranged, allow to set firmly, then cover with a thin coating of COOL jelly. (If this jelly were warm it would remelt the jelly holding the decoration in position, and spoil the appearance.) The mould may be filled up with a cream or other mixture.

TO UNMOULD A CREAM OR JELLY.—For a metal mould use warm water, and for a crockery mould use water as hot as the hand can bear. The water must at least be as deep as the mould itself. Draw the mould quickly through the water. Wipe the surface with a clean cloth, and invert the mould on the hand. Give a sharp shake up and down, then hold it over the serving dish, carefully withdraw the hand allowing the cream or jelly to slip on to the dish, and lift off the mould.

TO DISPENSE WITH A BORDER MOULD.—Pour some warm jelly into an ordinary mould and place in the middle a small wet jar containing cold water or ice. Allow the jelly to set in a cold place, pour out the cold water, fill the jar with warm water and lift out carefully. Unmould the jelly and fill the hollow quickly with the prepared mixture.

TO PREPARE A SOUFFLE CASE.—Fasten a double band of plain white paper round the outside of the soufflé case, allowing the paper to come about three inches above the top of the case. The paper can be tied or pinned in position, or it can be fastened by slipping a rubber band over it.

TO CHOP JELLY FOR DECORATIVE PURPOSES.—Jelly for this purpose should be stiff. Turn it on to a piece of wet grease-proof paper, and chop it with a wet knife. It should be chopped rather coarsely—if chopped too finely it loses its sparkle.

REMARKS

Cox's Refined Sparkling Gelatine may be used in any of the recipes, but must be soaked in cold water or milk for fifteen minutes before being dissolved.

The number of persons who may be served from the amount of jelly which will be made from the prescribed ingredients is noted at each recipe.

Attention should be given to the special directions at the beginning of certain of the sections in which the recipes are arranged.

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Cox's Instant Powdered Gelatine

SELECTED RECIPES

Directions and precautions to be observed in using COX'S INSTANT POWDERED GELATINE are given on pages 3 to 5, to which special attention is requested.

COX'S SHREDDED GELATINE may be used in any of the recipes but must be soaked in a portion of the cold water or milk for fifteen minutes before being dissolved.

Sweet Jellies, Cleared

SPECIAL DIRECTIONS

All utensils must be absolutely clean and free from grease. It is advisable to scald the moulds, whisk, and pan to be used.

Use a large pan, as the jelly rises when it boils up. Wash eggs, lemons, etc., thoroughly before preparing them. Cut the rinds of oranges and lemons very thinly, as only the yellow part contains the desired flavour; the white pith imparts a bitter flavour.

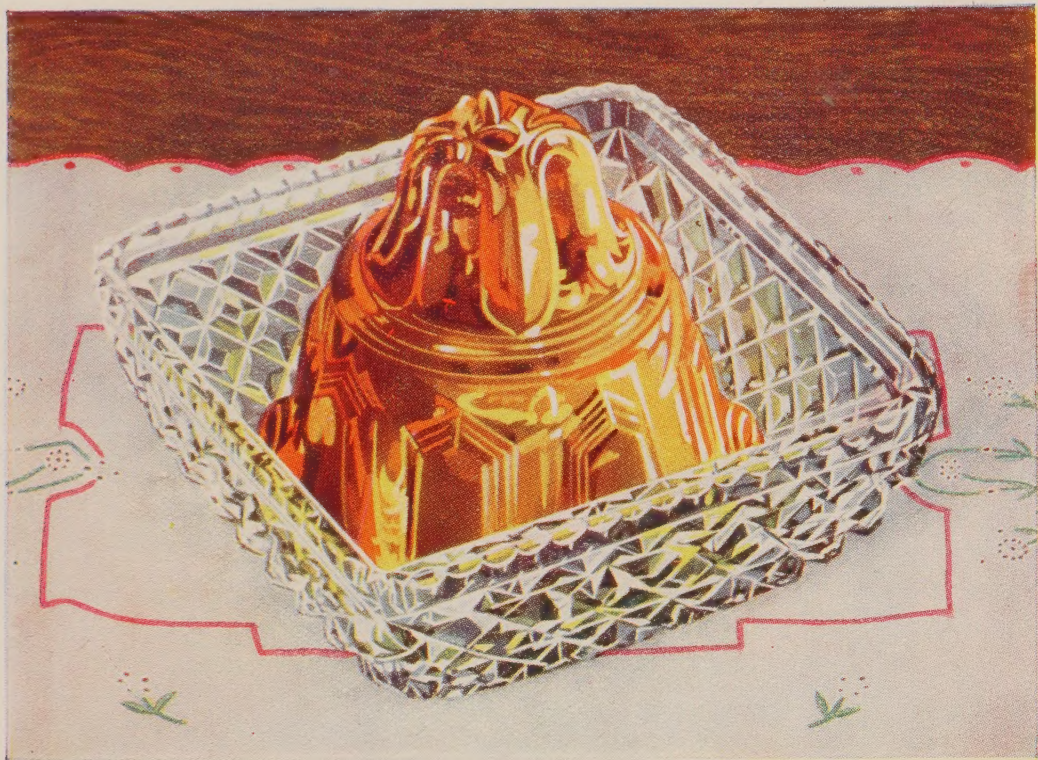
Whisk all the ingredients over a moderate heat till the jelly is almost at boiling point, but do not whisk after it boils as this breaks up the scum and clouds the jelly.

Always scald the jelly bag or cloth with boiling water just before the jelly is to be poured through, then squeeze it as dry as possible with two wooden spoons. Scald the basins also with boiling water to ensure cleanliness, and prevent the jelly cooling too rapidly.

When the jelly is ready it should be poured gently into the prepared bag and allowed to run through into a basin. Remove the basin containing the jelly, replace it with another one, and pour the jelly through the bag again. Repeat this process till the jelly runs clear. If wine is to be added to the jelly it should, as a rule, be poured into the jelly bag along with the jelly. If cooked with the other ingredients much of the flavour is lost. Never shake or squeeze the jelly bag while the jelly is running through. In cold weather if the jelly sets in the bag gently place a bottle containing hot water in the bag. This melts the jelly, and allows it to flow through, but it is apt, sometimes, to cloud the jelly. It is better to prevent it setting in the first instance by putting the jelly bag on its stand in a warm place.

Remove any froth with a clean spoon, and allow the jelly to become almost cold before moulding it. If moulded too soon, or cooled too rapidly it tends to become cloudy.

CARE OF JELLY BAG.—This should be of good quality felt or close flannel. Immediately after use the bag should be turned inside out and any solid particles removed with a spoon. The bag should then be well washed in warm water, rinsed in plenty of warm water, squeezed thoroughly and dried, in the open air if possible. It must not be put away until quite dry, and soap must never be used in washing it. A clean linen towel is sometimes used instead of a felt jelly bag. This should also be washed without soap and it may be boiled if necessary.



1 LEMON JELLY. Six to seven persons

1 $\frac{1}{2}$ ozs. COX'S INSTANT POWDERED GELATINE
1 $\frac{1}{2}$ pints water
 $\frac{1}{2}$ pint lemon juice
 $\frac{1}{2}$ lb. Demerara sugar
Whites and crushed shells of 2 eggs

1 inch cinnamon stick
2 cloves
Thinly cut rinds of 3 lemons

Put all the ingredients into a large pan, and whisk over the fire till almost at boiling point. Remove the whisk, and allow the jelly to boil up in the pan three times, then draw it to the side of the fire, cover, and leave for ten minutes. Have ready a scalded jelly bag, and pour the jelly through till it is clear. When cool, pour into a wet mould, and turn out when set.

Note.—If desired, 1 gill of sherry can be added, and in that case 1 gill of water should be omitted. The wine should be added just before the jelly is poured through the jelly bag.

In hot weather, or if the jelly is to be chopped, or used for lining moulds, 2 ozs. Gelatine should be used.

White sugar can be used instead of Demerara sugar, but the latter improves colour and flavour.



NORFOLK JELLIES. Three to four persons

$\frac{3}{4}$ pint Orange Jelly
(Recipe No. 10)
1 gill cream

Crystallised orange
Angelica
Little extra whipped cream
for decoration

Take half a pint of the jelly, and half fill small individual glass dishes with it. Allow to set. When the remaining 1 gill of jelly is cool, whip it till it becomes frothy, and gradually add to it the gill of cream. Whip till almost setting, then pour a layer on top of the plain Orange Jelly in the glasses. When set, decorate the top of each with a rosette of whipped cream, and small pieces of crystallised orange and angelica.

2. WINE JELLY. Six to seven persons**1½ ozs. COX'S INSTANT POWDERED GELATINE**

1¼ pints water	1 inch cinnamon stick
½ pint sherry or Marsala	3 cloves
¼ pint lemon juice	Thinly cut rinds of 2 lemons
6 to 8 ozs. Demerara sugar	Whites and crushed shells of 2 eggs

Put all the ingredients except the wine into a large pan, and whisk over the fire till almost at boiling point. Remove the whisk, and allow the jelly to boil up in the pan three times, then draw it to the side of the fire, cover, and leave for ten minutes. Have ready a scalded jelly bag, and pour the jelly through till it is clear, adding the wine just before the jelly is poured into the bag. When cool, pour into a wet mould, and turn out when set.

In hot weather, or if the jelly is to be chopped, or used for lining moulds, 2 ozs. Gelatine should be used.

3. CLARET JELLY. Six to seven persons**1½ ozs. COX'S INSTANT POWDERED GELATINE**

1 pint claret	Carmine
¾ pint water	2 tablespoonfuls red currant jelly
¼ pint lemon juice	1 inch cinnamon stick
Rinds of 2 lemons	2 cloves
½ lb. sugar	
Whites and crushed shells of 2 eggs	

Put ALL the ingredients EXCEPT the carmine into a pan, and make the jelly as in Recipe No. 1. After straining, add enough carmine to make the jelly a good colour.

4. GINGER JELLY. Six to seven persons**1½ ozs. COX'S INSTANT POWDERED GELATINE**

1¾ pints water	4 cloves
¼ pint lemon juice	A piece of cinnamon stick
Rinds of 2 lemons	½ lb. Demerara sugar
1 oz. root ginger	2 teaspoonfuls vinegar
Whites and crushed shells of 2 eggs	

Crush the root ginger, put all the ingredients into a pan, and make as in Recipe No. 1. Instead of root ginger 1 gill of ginger wine may be used, omitting 1 gill of water.

5. CIDER JELLY. Five to six persons

1 $\frac{1}{4}$ ozs. COX'S INSTANT POWDERED GELATINE
 2 firm tart apples sliced $\frac{1}{2}$ pint water
 6 ozs. loaf sugar 1 inch cinnamon stick
 1 pint cider 3 cloves

Whites and crushed shells of 2 eggs

Put ALL the ingredients into a pan, and make as in Recipe No. 1. Less sugar should be used if sweet cider is employed.

6. RIBBON JELLY. Six to seven persons

1 quart Lemon or Wine Jelly Red colouring
 (Recipe No. 1 or 2) Green colouring

Divide the jelly into three equal parts, colour one part with red colouring; leave one part plain, colour the third with green colouring. Pour the green part into a wet mould, then the plain, then the pink jelly. Great care must be taken that each layer is perfectly firm before pouring in the next. This dish is greatly improved by using a border mould for the jelly and afterwards filling the centre with whipped and sweetened cream.

7. MARBLE JELLY. Six to seven persons

1 quart Lemon or Wine Jelly Carmine
 (Recipe No. 1 or 2) Green colouring

Divide the jelly into four parts, having one part larger than the other three. Take one of the smaller parts and whisk till stiff and frothy. Add a little carmine to one of the small parts, and green colouring to the other, and whisk these also till stiff and frothy. Have ready a wet mould, and pour into it a layer of the jelly which has not been whisked. This must be cold, but must not be setting. Put in a layer of spoonfuls of the coloured frothed jellies, and put aside till this is set. Pour in enough liquid jelly to cover the frothed jelly, then add more spoonfuls of the frothed, and put aside again till set. Continue till the mould is almost full, fill up with liquid jelly, and leave till set.

Note.—Care should be taken to prevent the frothed jelly touching the sides of the mould.

8. RUSSIAN JELLY. Six to seven persons

1 quart Lemon or Wine Jelly (Recipe No. 1 or 2)

Whisk about half of the jelly till it resembles a stiff froth. Then fill a wet mould with alternate layers of the beaten spongy jelly and clear jelly. This is best performed by placing the mould in a basin of crushed ice, as it is essential that each layer of jelly should be set before the next is poured in.

If liked the mould can be lined with a thin layer of clear jelly, and the different layers can be coloured and flavoured as desired.

Sweet Jellies, Uncleared

9. LEMON JELLY. Three to four persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE

Rinds of 2 lemons

6 ozs. sugar

1 gill lemon juice

1 inch cinnamon stick

$\frac{3}{4}$ pint water

2 cloves

Put the thinly peeled lemon rind in a pan with the water, sugar, Gelatine, cinnamon stick, and cloves. Stir till almost boiling. Remove from the heat, add the lemon juice and strain into a basin. Mould when cool and turn out when set.

10. ORANGE JELLY. Three to four persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE

2 to 3 oranges(depending on size)

1 lemon

6 ozs. sugar

$\frac{1}{2}$ pint water

Wash the oranges, and cut the rind off very thinly. Heat this in a pan with the water, sugar, and Gelatine, and stir till almost boiling. Squeeze the juice from the oranges and lemons, measure it, and if necessary add a little water to make the quantity up to half a pint. Add this to the Gelatine mixture. Strain through muslin, and mould when cool.

Note.—Less fruit juice may be used, provided that the quantity of liquid is made up with water.

ORANGE BASKETS are made by pouring the jelly into halves of orange skins. When set, whipped cream should be piped on top of the jelly, and an angelica handle put on each basket.

ORANGE QUARTERS are set in the same way, but when the jelly is firm the oranges should be cut across into quarters with a sharp knife which has been dipped in hot water. Decorate with whipped cream and chopped pistachio nuts and serve.

11. GRAPE FRUIT JELLY. Three to four persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE

$\frac{1}{2}$ pint water

1 teaspoonful sherry if desired

$\frac{1}{2}$ pint grape fruit juice

Juice of $\frac{1}{2}$ lemon

6 ozs. sugar

Make as Orange Jelly (Recipe No. 10), but do not use the rind of the grape fruit. Pour into small moulds or grape fruit shells, to be quartered and decorated with whipped cream for serving.

12. GRAPE JELLY. Three to four persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint water 4 ozs sugar
 $\frac{1}{2}$ pint grape juice 1 teaspoonful sherry if desired

Make as Orange Jelly (Recipe No. 10). When cool pour into a border mould to set. Turn out when firm, and fill the centre of the mould with whipped sweetened cream mixed with some stoned, skinned, and halved grapes.

13. CHERRY JELLY. Five to six persons

1 $\frac{1}{2}$ ozs. COX'S INSTANT POWDERED GELATINE
 2 lbs. cherries $\frac{3}{4}$ pint water
 4 ozs. sugar Whipped cream
 Few drops red colouring

Cook the cherries with the sugar and 1 gill of the water; when tender rub through a sieve, add the colouring and the Gelatine dissolved in $\frac{1}{2}$ pint water. Mix well, then divide into custard glasses, and when set place a spoonful of whipped sweetened cream on the top of each. Decorate with ripe stoned cherries.

14. FRUIT JELLY. Four to five persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 1 lb. fruit (rhubarb, currants, rasps, gooseberries, or loganberries can be used, or a mixture of fruit)
 $\frac{1}{4}$ to $\frac{1}{2}$ pint water, depending on the juiciness of the fruit
 Rind and juice of 1 lemon Green or red colouring
 4 to 6 ozs. sugar 1 gill hot water

Stew the fruit with the water, sugar, lemon juice and rind. When tender, rub it through a hair sieve. Measure the liquid, and add water if necessary to make up to 1 pint. Dissolve the Gelatine in the gill of hot water, and add to the fruit juice. Colour, and add more sugar if necessary. When cool pour into wet mould. Turn out when firm; serve with cold custard or whipped cream. *Note.*—If the fruit is very sour the lemon should be omitted. Some fruits discolour in a metal mould, so a jelly of this type is best set in a glass or delf mould. Less Gelatine may be used, and the jelly poured into individual custard cups or a crystal.

15. NORFOLK JELLIES

Recipe and illustration are given on page 10

Savoury Jellies, Hors d'Œuvres, Savouries

16. ASPIC JELLY

1½ to 2½ ozs. COX'S INSTANT POWDERED GELATINE

1½ pints stock or water

½ gill sherry

1 gill mixed vinegars
(Tarragon, Chilli and malt)

½ gill lemon juice

1 teaspoonful salt

2 lumps of sugar

A bay leaf

12 peppercorns

A sprig of parsley

Rind of 1 lemon

A piece of carrot

A small onion

Stalk of celery

Whites and shells of 2 eggs

Put the water or stock, free from fat, and the Gelatine into a large clean saucepan. Add the onion, the carrot and the celery well cleaned and cut up roughly. Add all the other ingredients except the sherry and whisk thoroughly over a moderate heat until almost boiling. Remove whisk, and allow to boil up. Draw aside, cover, and infuse for five minutes, and then, adding the sherry, strain through a scalded jelly bag till clear. The sherry may be omitted, but in that case an extra ½ gill of water must be used.

Note.—The quantity of Gelatine will depend on the weather, and whether or not the Aspic Jelly is required to set stiffly. For certain Recipes (such as Nos. 37 and 42) it will be evident that Aspic Jelly need not be cleared. In such cases, omit the whites and shells of eggs, stir occasionally till brought to the boil, and strain once only.

17. GAME JELLY. Eight to nine persons

2 ozs. COX'S INSTANT POWDERED GELATINE

2 lbs. game bones

1 quart water

½ pint tomato pulp

1 teaspoonful whole white
peppers

2 teaspoonfuls salt

6 cloves

1 onion

1 blade mace

2 bay leaves

Whites and shells of 2 eggs

Rind and juice of 1 lemon

Break the bones, put them into a saucepan, add the water, salt, peppers, cloves, mace, bay leaves, and onion sliced. Cook gently for two hours, strain into a basin. Allow the stock to cool, and remove all fat. Measure 1¼ pints stock, adding a little water if necessary to make up the quantity. Add the Gelatine mixed with the tomatoes, the whites of eggs and the shells crushed; whisk till boiling, remove whisk, allow the jelly to boil up, draw the pan to one side, cover and leave for five minutes; strain through a hot jelly bag. When cold, use as a garnish for salad or cold game. It may be set in individual moulds.

18. MINT JELLY

1½ ozs. COX'S INSTANT POWDERED GELATINE

½ pint hot water

12 ozs. sugar

A few drops green colouring

1¼ pints white vinegar

Salt to taste

4 tablespoonfuls chopped mint

Dissolve the sugar in the vinegar. Bring to the boil, and boil for four minutes. Have ready the Gelatine dissolved in the hot water and add it with the other ingredients to the vinegar. Again bring just to the boil but do not now boil for more than a few seconds. Stir occasionally till cool, and when almost setting put into scalded pots and seal with jam covers.

Store in a cool place to help the jelly to keep well.

19. TOMATO JELLY. Eight to ten persons

1½ ozs. COX'S INSTANT POWDERED GELATINE

1½ pints water

1½ lbs. tinned or fresh tomatoes

1 slice of onion

Piece of celery

1 dessertspoonful Tarragon
vinegar

6 whole white peppers

1 bay leaf

1 blade mace

1 teaspoonful salt

½ teaspoonful sugar

2 cloves

Put all the ingredients, except the Gelatine and ½ a gill of the water, into a saucepan. Bring to the boil, and simmer fifteen to twenty minutes. Dissolve the Gelatine in the ½ gill of water, and add it to the other ingredients. Strain, and use as required.

If Cleared Tomato Jelly is desired, use 1¾ ozs. Gelatine and put this with all the water and other ingredients, and in addition the whites and shells of 2 eggs into a large saucepan. Whisk over the fire until boiling; remove the whisk, allow to boil up, draw to one side, and cover for ten minutes. Pour through a scalded jelly bag until clear. Then add a little red colouring.

Tomato Jelly may be poured into a border mould, turned out when set, and served with salad in the centre.

20. CHILLED FRUIT JUICE COCKTAILS. Three persons

⅓ oz. COX'S INSTANT POWDERED GELATINE

½ gill water

½ pint of fruit juice

The fruit juice is best to be a mixture, *e.g.*, grape fruit juice, pineapple juice, grape juice, and orange juice. Add a little sugar or fruit syrup if the mixture is too sour, or a little lemon juice if it is too sweet. Dissolve the Gelatine in the water and add it to the fruit juice. Put this mixture in the freezing trays of a refrigerator, stir occasionally, and freeze till stiff enough to pile up. Do not over-freeze. Serve in small glasses.

21. OLIVES IN ASPIC. Eight persons

Aspic Jelly (Recipe No. 16)	1 oz. butter
coloured green	Seasoning
8 olives	Hard-boiled white of egg
3 anchovies or sardines	A little fine cress

Rinse out some very small moulds with cold water, and set a thin layer of Aspic Jelly in each. Decorate with a small star of white of egg, and set with another thin layer of aspic. Stone the olives. Pound the anchovies or sardines with the butter, season, and sieve. Fill up the stoned olives with the butter, and put one in each mould. Pour in enough cold aspic to cover the olives, and leave till set. Have ready eight round croutes of fried bread, and spread these with the remainder of the savoury butter. When the little moulds are set turn them out, and serve one on each croute. Garnish with chopped jelly, and little bunches of fine cress.

22. OLIVES FARCIS. 1 Olive to each person

Tomato Jelly (Recipe No. 19)	Green flavoured butter*
Olives	Croutes of fried bread

Fill some small bouche moulds with Tomato Jelly, and put aside to set. Stone the olives, and stuff each with the flavoured butter. Spread the croutes of bread with flavoured butter. When the moulds are firm turn them out, and hollow a little of the jelly out of the centre of each. Place a stuffed olive in the hollow. Pipe a rosette of the green butter on top of each olive, and put each mould on one of the prepared croutes. Pipe some little rosettes of the butter round each croute and serve.

*** GREEN FLAVOURED BUTTER**

1 oz. butter	1 teaspoonful finely chopped parsley
Salt, pepper, cayenne	A squeeze of lemon juice

Pound all together, add a little green colouring if necessary, rub through a hair sieve and use.

23. GONDOLES À LA JOSEPHINE. Four to five persons

Make some very small boat-shaped pastry cases.

Take 1 tablespoonful each of green peas and diced cucumber, and cook in a little stock and butter till tender. Pound and sieve. Add to the purée 1 tablespoonful cream, and 1 tablespoonful liquid Aspic Jelly (Recipe No. 16), and seasoning.

Fill the pastry cases half full with the mixture, put a little chutney in each, and fill up with the mixture. Make it smooth on top. Put on top a row of graded rounds of thinly sliced radish, slightly overlapping, and pour over enough liquid Aspic Jelly to cover. When set put a little chopped Aspic Jelly at each end.

24. COLD CHEESE SOUFFLÉS. Three to four persons

Aspic Jelly (Recipe No. 16)
 1½ ozs. grated Parmesan
 cheese

1 gill cream
 Salt, cayenne pepper, a little
 made mustard

Prepare small china soufflé cases by fixing a band of stiff paper round each. Let the paper come well above the top of the case. Whip the cream very slightly, then add the cheese and seasoning. Carefully add ½ gill Aspic Jelly, which must be liquid but cool. Stir till almost setting, then pour into the prepared cases. When firm pour a layer of liquid Aspic Jelly on top, and leave till set. Remove the bands of paper carefully, and pipe round the edge of each soufflé with a little chopped Aspic Jelly. Serve. If desired the soufflés can be put in a refrigerator and chilled before serving.

25. FINNAN HADDOCK DARIOLES. Nine to ten persons

¼ oz. COX'S INSTANT POWDERED GELATINE

¼ lb. cooked Finnan haddock

½ gill hot water

½ pint Aspic Jelly (Recipe No. 16)

1 gill whipped cream

1 gill good white sauce

Salt, cayenne, and lemon juice to taste

Truffles and cucumber skin for decoration

Mask some small dariole moulds with Aspic Jelly; decorate them with truffles and the thin green skin of cucumber cut into shapes. Keep on ice or in a cool place until required. Dissolve the Gelatine in the hot water. Free the haddock from all bones and skin and chop it finely, seasoning to taste with salt and cayenne. Add the dissolved Gelatine to the white sauce, add the fish, and the lemon juice and mix thoroughly. Add all to the half whipped cream. Fill the prepared moulds with the mixture. When required turn each mould out on to a small paper case and decorate round the mould with chopped Aspic Jelly and strips of truffle.

26. CHEESE AND CELERY CREAM. Six to eight persons

Aspic Jelly, made up to set stiffly (Recipe No. 16)

1 gill cream

2 oz. grated cheese

1 tablespoonful chopped celery

Cayenne, pepper, and salt

Cheese Biscuits (see Recipe No. 27)

Mix the grated cheese, the chopped celery, ½ gill of the liquid Aspic Jelly, and the seasonings. Half whip the cream and stir the cheese mixture into it. When beginning to thicken pour into six to eight small moulds. Turn out on to Cheese Biscuits. Decorate with coralline pepper, curled celery, and chopped Aspic Jelly.

Note.—The moulds may be lined with aspic and decorated with cress, chilli, or parsley. Alternatively a quarter inch layer of tomato and aspic may be run into the bottom of the moulds; for this use equal quantities of tomato purée and Aspic Jelly.

The cheese and celery cream may be moulded on wet plates. When set coat with a thin layer of aspic and cream, and when this is firm, stamp out in rounds, lay on Cheese Biscuits and decorate.

27. SARDINE OR SHRIMP SAVOURIES.

Three to five persons

Aspic Jelly (Recipe No. 16)	$\frac{1}{2}$ gill whipping cream
1 tablespoonful tomato purée	1 tablespoonful chopped sardines
$\frac{1}{2}$ teaspoonful piquant sauce	or shrimps or prawns
Cheese Biscuits (see below)	A few drops carmine

Chop, pound, and press the fish through a sieve. Add $\frac{1}{2}$ gill Aspic Jelly and the tomato purée. Whip the cream, stir the mixture into it, season to taste. Colour a pale pink and pour on to a wet plate. When firm, stamp out a size smaller than the biscuits. Place on the biscuits, decorate with rosettes of whipped cream or finely chopped Aspic Jelly, pistachios or tiny sprigs of fine cress.

If sardine is used, to improve the appearance coat the savoury with a mixture of equal quantities of cream and Aspic Jelly coloured a pale pink. When firm, stamp out.

The mixture can be poured into small moulds which have been lined with aspic and decorated. Turn out when set, serve on Cheese Biscuits and pipe chopped Aspic Jelly round.

CHEESE BISCUITS

1 $\frac{1}{2}$ ozs. grated cheese	1 yolk of egg
3 ozs. flour	1 $\frac{1}{2}$ oz. butter
A little water	Salt, pepper, cayenne

Sieve the flour, rub in the butter, add the cheese and seasoning, and bind with yolk and water to form a stiff paste. Knead lightly, roll out thinly, prick well and cut in rounds. Place on a greased tin and bake in a moderate oven for seven to ten minutes.

Cold Fish & Meat Dishes

28. MAYONNAISE OF SALMON. Four to five persons

Aspic Jelly made up to set stiffly (Recipe No. 16)
 1 lb. salmon Sliced cucumber
 1 gill Mayonnaise Sauce (Recipe No. 188) Salad
 Truffle, cucumber skin, chilli, etc., for decoration

Have the salmon cooked, and allow it to become cold. Remove the skin, and put the fish on a wire coating tray. Add a $\frac{1}{2}$ gill of cool melted Aspic Jelly gradually to the Mayonnaise. Strain through a piece of muslin. Stir till setting, then coat the salmon with the sauce. Decorate as desired, dipping each small piece of decoration into liquid aspic before placing it in position. Pour over it a layer of cold aspic to give the final glaze. Serve on a bed of salad, and garnish with chopped aspic and cucumber.

Note.—Halibut can be treated in the same way as salmon.

29. CHARTREUSE OF SALMON. Six to eight persons

1 $\frac{1}{2}$ pints Aspic or Tomato Jelly (Recipe No. 16 or 19)
 $\frac{3}{4}$ lb. cooked salmon $\frac{1}{2}$ lemon
 4 boned anchovies $\frac{1}{2}$ wineglass sherry
 2 teaspoonfuls chutney Salad and cucumber
 Yolks of 3 hard-boiled eggs 1 gill cream
 Salt, pepper, cayenne, nutmeg

Line a wet plain mould with jelly. Decorate the bottom with cucumber skin and white of egg. Set the design with jelly and then cover it to the depth of a quarter of an inch. Pound the yolks, anchovies, chutney, and the flaked salmon together. Then add the sherry and lemon juice and rub through a wire sieve. Stir into the mixture a gill of slightly warm jelly. When cool, mix into the slightly whisked cream. Put a half inch layer in the mould and let it set. Keep the remainder warm to prevent it setting. When firm, pour in a layer of cold liquid jelly, and repeat with alternate layers till the mould is full. When set, turn out and garnish the base with crimped cucumber and salad. Serve with mayonnaise. This mould is easily prepared if ice is obtainable. Otherwise put a thick layer of jelly at the top and bottom with the salmon cream in the middle.

30. PRAWNS IN ASPIC

Recipe and illustration are given on page 27

31. JELLIED MAYONNAISE OF LOBSTER OR SALMON.

Six persons

 $\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE $\frac{1}{2}$ gill hot water $\frac{3}{4}$ gill Mayonnaise Sauce

6 ozs. cooked salmon or 1

(Recipe No. 188)

tinned or boiled lobster

Aspic Jelly (Recipe No. 16)

1 gill cream

Salad

Cucumber skin, truffle, chilli, etc., for decoration.

Line a border mould with aspic and decorate it attractively. Flake the fish or chop the lobster meat. Stir the cream into the mayonnaise, then add the fish, lastly stir in the Gelatine dissolved in the $\frac{1}{2}$ gill water. Pour into prepared mould. When set, turn out and decorate with salad, and chopped Aspic Jelly.

Note.—Crayfish or prawns may be used instead of lobster.

32. FISH CREAMS. Four to six persons $\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE $\frac{1}{2}$ gill hot water $\frac{1}{2}$ teaspoonful vinegar

Aspic Jelly (Recipe No. 16)

1 teaspoonful anchovy essence

6 ozs. cooked fish

Chopped parsley

1 gill whipping cream

1 hard-boiled egg

1 gill white sauce

Cress

1 teaspoonful lemon juice

Line small wet moulds with aspic and when set decorate with cress or parsley and hard-boiled white of egg, truffle, chilli skin, etc. Chop the fish and pound it finely, then add the white sauce, the seasonings, and the Gelatine dissolved in the hot water, Whip the cream and stir the fish mixture lightly in. Pour into the prepared moulds. When set, unmould and garnish with cress and chopped Aspic Jelly.

Note.—Tomato Jelly may be used for lining instead of aspic.

33. FISH CREAMS WITH HORSERADISH. Three persons $\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE $\frac{1}{2}$ gill hot water $\frac{1}{4}$ teaspoonful mustard $\frac{1}{4}$ lb. cold cooked fish $\frac{1}{4}$ teaspoonful sugar $1\frac{1}{2}$ gills white sauce $\frac{1}{2}$ teaspoonful salt $\frac{3}{4}$ gill cream

2 teaspoonfuls vinegar

1 dessertspoonful grated

2 tomatoes

horseradish

Rounds of new brown bread

Stir into the white sauce the grated horseradish, the mustard, sugar, salt, vinegar, and flaked fish. Add the Gelatine dissolved in the $\frac{1}{2}$ gill water. Whip the cream and stir the horseradish mixture into it. Reseason to taste and divide into six to eight small dariole moulds. Skin the tomatoes and cut in thin slices. Lay the slices on rounds of brown bread cut a little larger than the darioles. When set, turn the small shapes out on the prepared rounds. Decorate and serve.

34. SHRIMP CREAM IN ASPIC. Six persons

Aspic Jelly made up to set rather stiffly (Recipe No. 16)

$\frac{1}{4}$ lb. cooked shrimps 1 tablespoonful Mayonnaise

1 gill cream Sauce (Recipe No. 188)

1 tablespoonful tomato purée 1 teaspoonful lemon juice

Pepper and salt

Line six or eight small moulds with Aspic Jelly and decorate with a few shrimps. Coat again with aspic. Mix the remaining shrimps, 1 gill of melted aspic, the tomato, mayonnaise, and lemon juice and add this mixture to the slightly whipped cream. Season and add a few drops of red colouring if required. When beginning to set pour into prepared moulds. When set, turn out and fill the centre of the dish with salad and mayonnaise.

Note.—Lobster, prawns, or other fish can be used instead of shrimps.

35. LOBSTER MOUSSE. Five to six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)

6 ozs. lobster meat 1 gill cream

Aspic Jelly (Recipe No. 16) Seasoning

1 gill Bechamel Sauce (Recipe No. 191)

Prepare a soufflé case by tying a band of paper round it. Reserve a few neat pieces of the lobster for decoration, and chop the remainder very finely. Warm the Bechamel Sauce slightly, and add the lobster to it (the mixture may be sieved if desired), season, and add the cream to it slightly whisked. Dissolve the Gelatine in 1 gill of aspic, and add it to the fish mixture. Stir gently till the mixture is almost setting, then pour it into the prepared soufflé case. Allow to set, then decorate the top with some neat pieces of the lobster, and finish with a layer of Aspic Jelly. When firm, remove the paper, and serve.

Note.—A lighter mousse is made if the stiffly whisked white of 1 egg is folded in after the Gelatine is added to the mixture.

36. CRAB OR LOBSTER DARIOLES. Four to six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE

$\frac{1}{2}$ gill hot water 1 gill double cream

Aspic Jelly (Recipe No. 16) Lemon juice to flavour

4 to 6 ozs. crab meat (or lobster) Mustard, sugar, celery salt,

1 gill rich white sauce salt, lettuce, carmine

Line eight dariole moulds with aspic, decorate each and cover with more jelly. Slightly whip the cream. Add the Gelatine, dissolved in the hot water, to the sauce and finely chopped crab meat, season the mixture and stir lightly into the cream. Add a little carmine if necessary. Reseason to taste and when beginning to thicken pour into the prepared moulds. When firm, turn out on to a bed of lettuce.

Skin the rabbit, wash and soak it for half an hour in cold salted water, then dry it thoroughly. Take all the meat off the bones and cut it into fairly small pieces. Slice the eggs, and arrange

some slices at the bottom of a small round cake tin. Sprinkle chopped parsley over, and cover with a layer of the prepared rabbit. Season with salt and pepper, sprinkle over a little ground mace, grated lemon rind, and chopped parsley, then put on a layer of ham cut in small pieces. Fill up the tin in this way with alternate layers of the different ingredients. Put the tin in a pan with enough water to come half way up the tin, and steam steadily till the rabbit is tender. Time will probably be 1 to 1½ hours. When ready, remove the tin from the pan, and without disturbing the contents carefully pour the liquid which has collected in the tin into a small pan. Add to this the Gelatine, and stir over the fire till dissolved. Pour this liquid back into the tin, put a saucer and weight on top to press down the meat, and put aside till cold. When quite firm, turn out the mould and serve with salad.

41. CHICKEN AND MUSHROOM CREAM. Eight persons

¼ oz. COX'S INSTANT POWDERED GELATINE	
¾ gill chicken stock	Some Aspic Jelly (Recipe No. 16)
¼ lb. cooked chicken	¼ pint cream
1 slice lean cooked ham	1 gherkin chopped
¼ lb. mushrooms	Cayenne, pepper, salt
1 gill good white sauce	

Line a mould with aspic, decorate with leaves of cress or tiny sprigs of parsley, with peas, or with truffle, tomato, or chilli, cut in fancy shapes. Coat again with aspic. Stir 3 tablespoonfuls liquid aspic into 2 tablespoonfuls of the cream and reline the mould, completely covering the first lining. Mince and pound the chicken and ham. Chop the mushrooms, fry in a little butter, then add the white sauce, and simmer till tender. Mix the chicken, ham, mushrooms, and sauce, the Gelatine dissolved in the chicken stock and ¾ gill of melted aspic, the chopped gherkin and seasoning. When almost cool, stir this mixture lightly but thoroughly into the slightly whipped cream. Reseason if required and pour into the prepared mould. When set, turn out and garnish with chopped aspic.

Note.—Mushrooms may be omitted, if so preferred.

42. CHICKEN AND TOMATO CREAMS. Eight persons

¼ lb. cooked chicken	Some Aspic Jelly (Recipe No. 16)
1 oz. ham or tongue	1 teaspoonful anchovy sauce
1 gill cream	1 teaspoonful H.P. or piquant sauce
½ lb. tomatoes	Pepper and salt
½ oz. butter	
Red colouring	

Cook the tomatoes in the butter till tender, then press through a hair sieve. Measure this purée and add to it an equal quantity

of liquid Aspic Jelly. Season with salt and pepper. When cold, half fill eight dariole moulds and leave to set. Mince the chicken and ham finely, pound it and mix it with 1 gill aspic. Add sauces and seasoning. Whip the cream and stir into it lightly the chicken mixture. Reseason as required. When just beginning to set, fill up the prepared dariole moulds.

Sweetbreads and Tomato Creams. Instead of chicken use sweetbread, cooked and pressed, and cut in neat small dice.

43. CHICKEN MOULD. Six to seven persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

1 boiling fowl	$\frac{1}{2}$ teaspoonful whole white peppers
1 onion	Grate of nutmeg
2 bay leaves	3 cloves
1 blade mace	3 hard-boiled eggs
1 teaspoonful salt	Some chopped parsley

Singe and draw the chicken, put into a pan of boiling salted water, and cook slowly till tender. Lift out and set aside to cool. Cut the meat into neat pieces. Put the skin and bones into a saucepan with 3 pints of the liquor, the onion cut up and the seasonings, simmer until reduced to $1\frac{1}{2}$ pints, then add the Gelatine, and strain. Sprinkle some chopped parsley over the bottom of a plain mould, arrange slices of egg on top, then put a layer of chicken, and so on till all are used. Fill the mould with the prepared stock. Turn out when set. Serve with salad.

44. VEAL IN ASPIC. Four to six persons

$\frac{3}{4}$ pint Aspic Jelly (Recipe No. 16)

6 ozs. cooked veal	Some cold ham or tongue
1 hard-boiled egg	Chopped parsley

For decoration:—Truffle, chilli, tinned peas, white, and sieved yolk of hard-boiled egg

Set a thin layer of Aspic Jelly in the bottom of some small moulds. Put a decoration in each, prepared from any of the above ingredients, dipping each piece of the decoration in cool aspic before placing it in position. Cover with another layer of aspic. Cut the veal and ham into neat dice, chop the white of egg, and sieve the yolk. Fill up the small moulds with alternate layers of the different ingredients, but do not pack tightly. When quite full pour in enough liquid aspic to come to the top of the moulds, and put aside to set. Turn out when firm, and garnish the dish with salad.

Note.—Remains of cooked game, chicken, pigeon, sweetbread, etc., can be used instead of veal.

45. CHARTREUSE OF TURKEY. Six persons

Aspic Jelly made up to set stiffly (Recipe No. 16)

4 ozs. cooked turkey (chicken, rabbit, veal, or game)

$\frac{1}{2}$ gill Mayonnaise Sauce (Recipe No. 188)

2 ozs. cold tongue (or ham) 1 gill whipping cream

1 gill cooked chopped mushrooms $\frac{1}{2}$ gill good white sauce

Line the mould or small moulds with aspic, decorate, and when set, reline with 3 tablespoonfuls extra cream or sauce mixed with 4 tablespoonfuls aspic. Cut the cold turkey and tongue into small cubes and mix into the mayonnaise, the sauce and mushrooms. Add $1\frac{1}{2}$ gills liquid aspic. Stir all lightly into the whipped cream. Season to taste. Mould when beginning to set. When firm, turn out and garnish with salad, crimped cucumber, chopped aspic, etc. To decorate, use tomato or peas, truffle, cucumber skin, or cress. The white sauce may be made half milk and half stock.

46. GALANTINE OF CHICKEN. Eight to ten persons

1 chicken

Aspic Jelly (Recipe No. 16)

1 lb. sausage meat (pork)

2 slices of cooked tongue

1 hard-boiled egg

A few blanched pistachio nuts

1 truffle

Salt and pepper

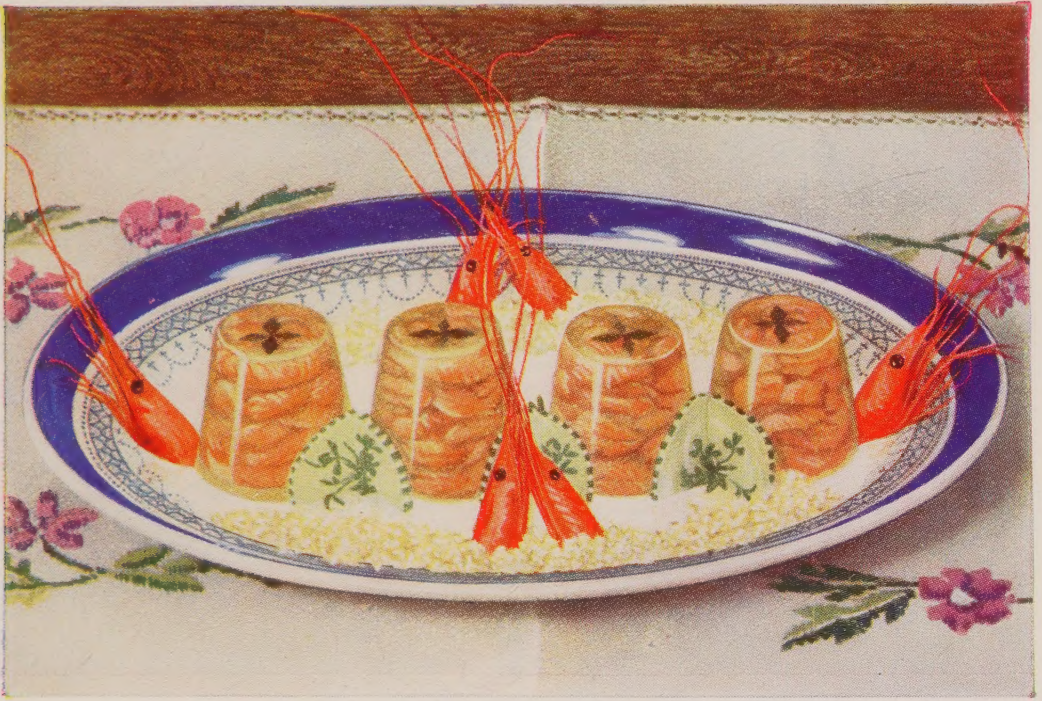
Glaze (Recipe No. 187) or Chaudfroid Sauce (Recipe No. 192)

Bone a chicken carefully, in order that the skin may not be broken. Cut the skin down the middle of the back, and spread the chicken out on the table, skin side down. Pull the legs and wings inside, and cut the flesh where it is thick in order to distribute it evenly over the skin. Season.

Shell and halve the egg. Cut the egg, tongue, truffle, and pistachio nuts into strips. Spread the sausage meat all over the prepared chicken, and cover this with rows of the prepared tongue, egg, truffle, and pistachio nuts, each row running from neck to tail. Season, and roll the galantine up carefully, from side to side of the chicken. Roll the galantine in a cloth, and tie it tightly at each end with string. Put it in a pan of boiling water or stock (chicken bones can be used), and simmer gently till tender— $1\frac{1}{2}$ to 2 hours according to size. Remove the cloth carefully, wash it, and roll the galantine firmly up in it again. Press between two boards or plates with a light weight on top till cold. Remove cloth; finish in one of the following ways:—

- (1) Glaze, and decorate with piped butter, blocks of aspic and chopped aspic.
- (2) Glaze, then coat with cool aspic, mixed with a little melted glaze, decorate with blocks of aspic, etc.
- (3) Coat with Chaudfroid Sauce and decorate. Finish with a coating of cold aspic. Serve on a block of Aspic Jelly, with chopped aspic round.

Note.—Galantine of Veal can be made as above using $2\frac{1}{2}$ lbs. breast of veal instead of chicken.



PRAWNS IN ASPIC. Four to five persons

1 dozen prawns

$\frac{1}{2}$ pint Aspic Jelly (Recipe No. 16)

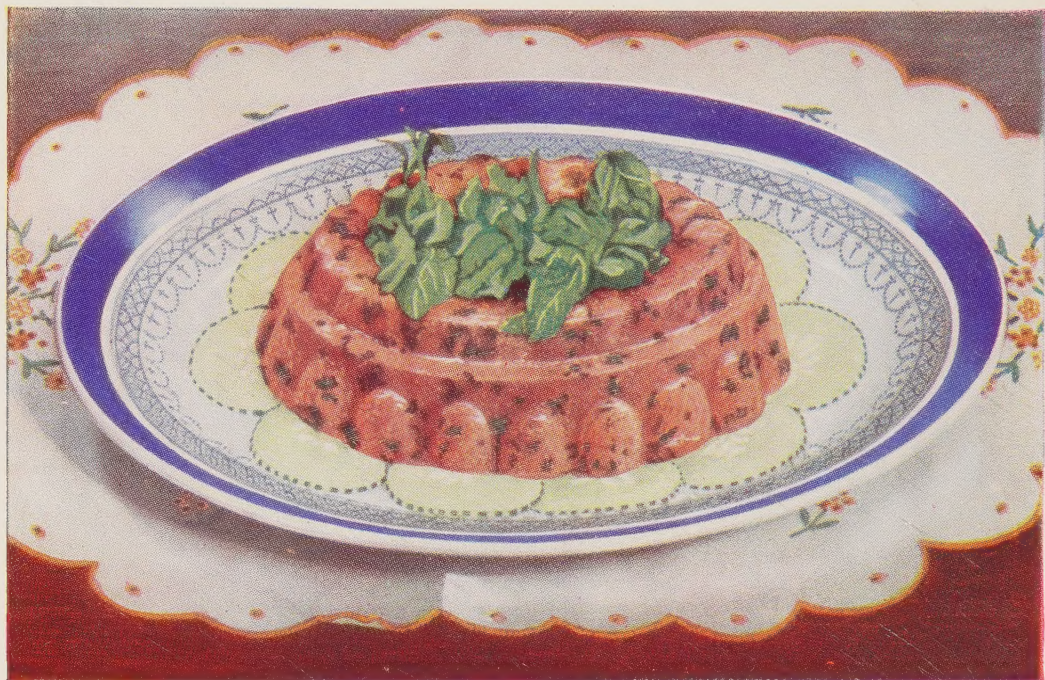
Some chopped Aspic Jelly

Fine cress, cucumber

Truffle, chilli, hard-boiled white of egg, etc., for decoration

Have ready some small dariole moulds, and put a thin layer of liquid aspic in each. Decorate with small fancy shapes of chilli, etc., and cover with another layer of aspic. Shell the prawns, and cut them into neat pieces. Fill up the moulds with alternate layers of prawns and aspic, allowing each layer to set before adding the next. Turn out when set, and decorate with chopped aspic, thinly sliced cucumber, and small bunches of cress.

Instead of prawns any of the following can be used :—lobster, crab, shrimps, salmon, or thinly sliced hard-boiled eggs.



SALMON MOULD. Four to five persons

A heaped teaspoonful **COX'S INSTANT POWDERED GELATINE**

2 cupfuls of cooked flaked salmon (fresh or tinned)

1 gill water

$\frac{1}{2}$ cupful salad dressing

1 cupful shredded lettuce

1 tablespoonful chopped pickles

2 tablespoonfuls lemon juice

Salt and pepper

Remove all skin and bones from the salmon, and flake it finely. Mix it with the salad dressing, lemon juice, pickles, lettuce, and seasoning. Dissolve the Gelatine in the water, and add it to the mixture. Put it into a mould which has been rinsed out with cold water, and leave to set. Turn out when firm, and garnish with thin slices of cucumber and salad.

47. LAMB CUTLETS EN CHAUDFROID.

Five to six persons

Braise a piece of best-end neck of lamb. When cold, divide it into cutlets, and trim them. Brush over with a little cool Aspic Jelly to which has been added some chopped mint. Leave to set, then coat with the following Chaudfroid:—

$\frac{1}{2}$ pint Bechamel Sauce (Recipe No. 191)

$1\frac{1}{2}$ gills Aspic Jelly (Recipe No. 16) 1 tablespoonful cream

Heat sauce and aspic. Add aspic gradually to sauce, tammy* or strain, add cream, and use when setting.

Put cutlets on a coating rack, and coat with the sauce. When set, decorate each with little fancy shapes of chilli, etc., and finish with a coating of cool aspic. Leave till firm, then put a cutlet frill on each, and dish in a circle with a salad of shredded lettuce and tomato in the centre. Garnish the dish with chopped aspic.

* See note to Recipe No. 192.

48. FILLETS OF VEAL MARGUERITE.

Six to eight persons

$1\frac{1}{2}$ lbs. veal fillet, cut into fillets, braised and pressed

Trim the fillets if necessary, and coat each with pale green Chaudfroid (made as in Recipe No. 47, and coloured green). Put a decoration on the top of each in the form of a marguerite, cutting the petals from hard-boiled white of egg, and make the centre of sieved yolk. When set, coat with liquid Aspic Jelly. Allow to become firm, then serve on a layer of Tomato Mousse in an entrée dish, and garnish with chopped aspic and fine cress.

TOMATO MOUSSE

1 gill tomato sauce

A squeeze of lemon juice

$1\frac{1}{2}$ gills Aspic Jelly (Recipe No. 16) White of 1 egg

Mix the warm aspic with the warm sauce. Add the juice, and when almost cold fold in the stiffly whisked white of egg. Stir till almost setting, then pour into the entrée dish, and leave to set.

49. KIDNEY IN TOMATO JELLY. Six to eight persons

1 pint Tomato Jelly (Recipe No. 19)

1 cooked ox kidney (small)

$\frac{1}{2}$ pint rich gravy

1 hard-boiled egg

Cayenne, pepper, salt

Line a plain mould or small moulds with Tomato Jelly and decorate with white of egg cut in neat shapes. Stir $\frac{1}{2}$ pint liquid Tomato Jelly into $\frac{1}{2}$ pint of rich gravy from the kidney, or good brown sauce. Add the kidney cut up rather small. Season, and mould when beginning to set. When firm, turn out and decorate the base with chopped jelly.

50. HAM MOUSSE. Three to four persons

Aspic Jelly (Recipe No. 16)	4 ozs. cooked ham
1 gill Bechamel Sauce (Recipe No. 191)	1½ gills cream
A little grated nutmeg	Carmine
White of 1 egg, if desired	Seasoning

Line a mould with aspic, decorate it as desired, and coat again with aspic. Remove any fat, and chop the ham finely. Pound it with the sauce, and rub through a sieve. Add seasoning, and a little grated nutmeg. Whisk 1 gill cool Aspic Jelly slightly, and add it to the mixture, then whisk the cream slightly, and add it carefully to prevent curdling. Then fold in the stiffly whisked white of egg if desired. Stir till the mixture shows signs of setting, then pour it into the prepared mould. Turn out when set, and garnish the dish with chopped aspic. If preferred, the mould can be turned on to a block of aspic.

51. SAVOURY TONGUE CREAMS. Four to six persons

1 teaspoonful COX'S INSTANT POWDERED GELATINE	
Tomato Jelly (Recipe No. 19)	1 gill white sauce
6 ozs. cooked tongue	1 tablespoonful chutney
2 ozs. cooked chicken	Salt and paprika
3 small tomatoes	Parsley and lettuce

Coat some small wet moulds with liquid Tomato Jelly. Pass the tongue and chicken twice through the mincer, add the tomatoes, chutney, white sauce, and seasoning. Pound together and rub through a wire sieve. Mix in 1 gill of slightly warm Tomato Jelly, in which the Gelatine has been dissolved. When cool, divide the mixture among the prepared moulds. Turn out when firm and garnish with parsley, lettuce, and chopped Tomato Jelly.

Moulded Salads & Dressed Vegetables

52. CRANBERRY SALAD. Six to seven persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE

1 gill hot water

1 $\frac{1}{2}$ lbs. cranberries

$\frac{1}{2}$ pint cold water

4 ozs. raisins

4 ozs. sugar

Juice of 1 lemon

$\frac{1}{4}$ teaspoonful ground cloves

$\frac{1}{2}$ teaspoonful ground cinnamon

Lettuce

Wash the cranberries and simmer them with the $\frac{1}{2}$ pint of water, raisins, and spices till tender. Press through a hair sieve. Measure 1 pint of purée and lemon juice, adding water if required. Add the Gelatine dissolved in the hot water, and the sugar. When cool, pour into a wet border mould. Turn out when set; fill the centre with lettuce. Serve with salad dressing.

53. DOMINION SALAD. Six to eight persons

1 pint Lemon Jelly (Recipe No. 1 or 9)

Mayonnaise Sauce (Recipe No. 188)

Apples

Grape fruit

Celery

Lettuce

Pineapple

A few walnuts

Whipped cream

Chop or shred the celery, slice up the fruit and stir into liquid Lemon Jelly. When beginning to thicken, pour into small cups or moulds. When set, turn out on to crisp lettuce leaves. Mix a little mayonnaise into whipped cream and pipe a rosette on top of each mould. Decorate with walnuts and serve mayonnaise with the salad. A pretty dish can be made with bright red apples. Scoop out the centres with a vegetable scoop or strong teaspoon, and fill with the fruit and jelly mixture. Pile a little cream mayonnaise on top. Garnish with lettuce. Apple, chopped walnut, and celery make a nice mixture.

54. SALAD À LA GROSVENOR. Six to eight persons

1 pint Aspic Jelly (Recipe No. 16)

2 hard-boiled eggs, cut in slices

1 gill Mayonnaise Sauce (Recipe No. 188)

Salad, radishes, endive, etc.

Chopped parsley

Line a border mould with Aspic jelly. Decorate with slices of egg, tomato or radish, shredded lettuce, and chopped parsley. Whip 1 gill Aspic Jelly until it is beginning to set, stir in the gill of mayonnaise, and continue whipping till it is quite thick. Add any pieces of egg, cutting them into dice. Pour into the prepared mould. When firm, turn out and fill the centre with any nice salad in season.

55. RUSSIAN SALAD. Three to four persons

$\frac{1}{2}$ pint Aspic Jelly coloured red or Tomato Jelly
(Recipe No. 16 or 19)

Various cooked vegetables, *e.g.*, peas, French beans,
asparagus, etc.

4 ozs. lobster meat (or other cooked fish)

Anchovy, prawns, olives

1 tablespoonful capers

Mayonnaise Sauce (Recipe No. 188)

Lettuce

Fill a border mould with layers of Aspic or Tomato Jelly, placing on each layer, after allowing it to set, pieces of cooked vegetable. Cut the meat of the lobster into neat pieces and put them in a bowl. Add some fillets of anchovy, shelled prawns, the capers, a few olives, cut small, and a little shredded lettuce. Moisten with Mayonnaise Sauce. Turn out the border mould and fill the centre with the above mixture. Decorate with chopped jelly, cress, etc.

56. SWEDISH JELLIED SALAD. Six to seven persons

$\frac{3}{4}$ pint Aspic Jelly (Recipe No. 16)

4 to 6 ozs. cold corned beef

2 hard-boiled eggs

1 small beetroot

1 gherkin

4 sardines

1 apple

1 dessertspoonful capers

Run a little liquid jelly into the bottom of a mould and decorate with egg, capers, and beetroot. Cut the beef and beetroot in dice, chop the apple and gherkin. Bone the sardines and cut in pieces. Add the egg, cut up, and the capers. Stir gently into the liquid jelly, season, and, when beginning to set, pour into the prepared mould. When set, turn out on to salad prepared with French dressing.

57. TOMATO AND CHEESE SALAD. Six persons

1 teaspoonful **COX'S INSTANT POWDERED GELATINE**

Tomato Jelly (Recipe No. 19)

2 tablespoonfuls hot water

1 gill whipping cream

2 tablespoonfuls grated cheese

1 teaspoonful piquant sauce

Cayenne, salt

Take six cups or small moulds and run into each a layer of Tomato Jelly an inch deep, and set aside in a cool place. Slightly whisk the cream, and add the cheese and seasoning. Dissolve the Gelatine in the hot water, and add it to the grated cheese and cream. Add a little piquant sauce (Worcester, or H.P.) When beginning to set, divide into the prepared moulds to within an inch of the top. When firm, fill up with cool but liquid Tomato Jelly. Unmould when set; serve on green salad.

58. TOMATO CREAM SALAD. Eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
1 gill hot water	Sprig parsley
1 lb. tomatoes	$\frac{1}{2}$ teaspoonful sugar
$\frac{1}{2}$ oz. butter	1 teaspoonful vinegar
1 slice onion	1 dessertspoonful tomato ketchup
A few peppercorns	Cayenne, salt
1 clove	$\frac{1}{4}$ pint double cream

Put the butter into a saucepan. Add the tomatoes, mashed with a spoon. Add all the flavouring ingredients but the ketchup, cook for ten minutes, and rub through a hair sieve. Measure this after adding the ketchup and make up to half a pint with water if required. Dissolve the Gelatine in the hot water, and add it to the tomato. When cool, stir lightly into the cream, previously slightly whipped. Reseason and add some drops of red colouring if required. When beginning to set, pour into a border mould. Turn out when firm, and garnish with salad. The tomato cream may be poured into a flat tin, and when firm, cut into various shapes, and served on lettuce leaves. Tinned tomatoes may be used.

59. TOMATO JELLY RING. Six to eight persons

1 pint Tomato Jelly (Recipe No. 19)	1 gill chopped celery
$\frac{1}{2}$ gill chopped nuts	1 gill shredded lettuce
1 hard-boiled egg	Pepper and salt
1 gill Mayonnaise Sauce (Recipe No. 188)	

Set the Tomato Jelly in a border mould, and turn out when firm. Mix the celery, nuts, and lettuce with a creamy Mayonnaise Sauce, and fill the centre of the mould. Sieve the egg yolk over the filling and decorate with hard-boiled white of egg, small bunches of fine cress, and stoned olives. Arrange a little chopped jelly and lettuce round the base of the mould.

The filling of the Tomato Jelly may be altered according to taste. Cubes of meat or flakes of fish and a variety of vegetables can be used.

60. ASPARAGUS SALAD. Five to six persons

1 gill Mayonnaise Sauce (Recipe No. 188)	
1 tin asparagus	Aspic Jelly (Recipe No. 16)
1 tablespoonful cream	1 gill green peas

Line a fluted mould with aspic, decorate it with asparagus tips and green peas, and line again with aspic. Cut the remainder of the asparagus into small pieces, and mix these and the peas into the mayonnaise and cream. Add gradually $1\frac{1}{2}$ gills liquid aspic. Stir till setting, then pour into the prepared mould. When set, turn out and garnish the dish with lettuce and cress.

61. CHICKEN SALAD MOULDS. Six to eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint well flavoured chicken stock 1 gill cream
 $\frac{1}{4}$ lb cooked chopped chicken Seasoning
 $\frac{1}{2}$ cupful chopped celery Green salad
 Mayonnaise Sauce (Recipe No. 188)

Dissolve the Gelatine in the stock, and add seasoning if necessary. Put aside till almost cold, then whisk till frothy. Mix in the whipped cream, chicken, and celery, and pour the mixture into small moulds. Turn out when set, coat with mayonnaise, and garnish the dish with salad.

62. SALADE JAPONAISE

Coat a border mould with Aspic Jelly (Recipe No. 16), and decorate it tastefully. Cut some lettuce and cucumber into fine shreds, add a few green peas, and mix with aspic. The mixture should be very light—just enough green stuff to float in the aspic. When almost setting, pour into the prepared mould. Turn out when set, and fill the centre with a nice salad mixed with Mayonnaise Sauce (Recipe No. 188).

63. SALADS WITH TOMATO JELLY

Recipes and illustration are given on page 37

64. ARTICHOKE CREAM. Six to eight persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ gill artichoke boilings $\frac{1}{2}$ pint cream
 1 gill artichoke purée (Jerusalem) Aspic Jelly (Recipe No. 16)

Line a mould or small moulds with aspic, and decorate with peas or tomato, truffle or chilli skin. Dissolve the Gelatine in $\frac{1}{2}$ gill of the water in which the artichokes were cooked, add $\frac{1}{4}$ gill of aspic, and mix into the purée. Whip the cream, stir the purée lightly into it, season, and when beginning to thicken, pour into prepared mould. When firm, turn out and garnish with chopped aspic.

Note.—Cucumber, celery, mushroom, parsnips, and salsify can be prepared in the same way. 1 gill Bechamel Sauce (Recipe No. 191) and 1 gill whipping cream may be used instead of the $\frac{1}{2}$ pint cream. In hot weather add another $\frac{1}{4}$ gill of aspic to the filling, or a little more Gelatine.

65. FRENCH CELERY SOUFFLÉ. Six to seven persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill celery stock	2 eggs
1 gill whipping cream	1 gill milk
1 head of celery	Pepper and salt
1 oz. cheese (Gruyere, Cheddar, or Parmesan), freshly grated	

Cook the celery in a small quantity of stock till tender. Sieve it, and take 1 gill of the purée. Whisk the two yolks with the milk over hot water till thick and frothy, remove from heat and whisk till cold. Dissolve the Gelatine in $\frac{1}{2}$ gill of the stock in which the celery was cooked, add it to the celery purée, and stir into the whisked yolks. Season, whip the cream, and fold it in. Add the stiffly beaten whites of eggs, and mix thoroughly but lightly. Pour into a china soufflé case prepared beforehand with a broad band of white paper. When set, cover the top thickly with grated cheese, sprinkle coralline pepper on centre, and remove the paper band carefully.

66. CAULIFLOWER AND SHRIMPS. Six to eight persons

1 teaspoonful	COX'S INSTANT POWDERED GELATINE
$\frac{1}{4}$ lb. shrimps (cooked)	1 small cauliflower
1 gill cream	1 gill good white sauce
Aspic Jelly (Recipe No. 16)	1 tablespoonful sherry

Cook the cauliflower without breaking it, make a gill of rich white sauce, and pick the shrimps. Line a mould with aspic, decorate with shrimps and sprigs of cauliflower. Cover the decoration with aspic. Dissolve the Gelatine in 1 gill of Aspic Jelly, add the shrimps, the white sauce, and the sherry, and stir the mixture into the whipped cream. Season to taste. Add the cauliflower cut in small sprigs. When beginning to set, pour into prepared mould.

Simple Cold Sweets

67 LEMON SPONGE. Four to five persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

Rind and juice of 1 large or 2 small lemons

4 ozs. sugar $\frac{1}{2}$ pint of cold water

Whites of 2 eggs

Put Gelatine, sugar, water, and thinly peeled rind of the lemons in a pan. Stir till the Gelatine is melted, bring to boiling point, add juice, strain, and cool. When the lemon mixture is cool, but not setting, whisk the whites of eggs stiffly, and gradually add the lemon mixture whisking all the time. Beat the whole till it is thick and almost setting, then pour into a mould which has been rinsed out with cold water. When firm, unmould and serve with custard sauce made with the yolks of the 2 eggs, $\frac{1}{2}$ pint milk, and sugar to sweeten.

Note.—If so preferred, the sponge can be beaten till it is quite stiff. Then pile it up in a crystal or small individual glasses and serve.

68 LEMON SPONGE BELLEVUE. Four to five persons

Line a mould with Lemon Jelly (Recipe No. 1 or 9) coloured green or red. Make Lemon Sponge, as in Recipe No. 67, and pour into the prepared mould.

69 ORANGE SPONGE. Four to five persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

Rind of 1 orange

1 $\frac{1}{2}$ gills orange juice

1 gill water

Squeeze of lemon juice

3 ozs. sugar

Whites of 2 eggs

Little yellow colouring

Make as in Recipe No. 67. Mould, or pile in a glass dish and decorate with sections of orange and chopped pistachio nuts.

70. COFFEE SPONGE. Four to five persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

1 oz. ground coffee

$\frac{3}{4}$ pint boiling water

Sugar to taste

Whites of 2 eggs

Infuse the coffee in the boiling water, strain, stir in the Gelatine till dissolved, and add sugar to taste. Allow to cool, and whisk into the beaten whites of eggs, as in Recipe No. 67. Serve with custard sauce or whipped cream.



SALADS WITH TOMATO JELLY

Make some Tomato Jelly (Recipe No. 19), and when it is almost setting stir in any of the following :—

- (a) Equal quantities of diced chicken and celery.
- (b) Neat dice of cooked carrot, and turnip, green peas, and cucumber.
- (c) A little raw grated carrot, and equal quantities of celery, grape fruit, and pineapple cut in neat pieces and some shredded lettuce.
- (d) Finely shredded lettuce, spring onions, thinly sliced radishes, cucumber, and green peas.

Pour into small moulds, turn out when set, and garnish with crisp lettuce leaves, cress, etc. Serve with salad dressing.

Or

Fill up small moulds with alternate layers of Tomato Jelly, sliced hard-boiled eggs, chopped gherkins or capers. Garnish and serve as above.



RASPBERRY SPONGE. Five to six persons

(A variation of Recipe No. 71)

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
1 tin of raspberries	Juice of $\frac{1}{2}$ lemon
2 ozs. sugar	Angelica
Whites of 2 eggs	

Reserve a few of the raspberries for decoration. Rub the remainder of the raspberries and the juice through a hair sieve. Measure $\frac{3}{4}$ pint of the pulp so obtained, adding a little water if necessary to make up the quantity. Put this in a pan with the sugar and Gelatine, and stir over the fire till these are dissolved. Add the lemon juice and put the mixture aside till cool but not setting. Whisk the whites of eggs stiffly, and gradually add the cool mixture, whisking all the time. Beat the whole till it is thick and almost setting, then pour into a mould which has been rinsed with cold water. When firm, unmould and decorate with raspberries and angelica. Serve with custard sauce.

Note.—Fresh raspberries can be used if desired. 1 lb. of the fruit should be stewed with a little water, and 3 to 4 ozs. sugar. When tender, rub the fruit through a hair sieve, measure $\frac{3}{4}$ pint of the pulp, dissolve the Gelatine in this, and proceed as above.

71. PINEAPPLE SPONGE. Five to six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)
 A small tin of pineapple $\frac{1}{2}$ pint liquid (pineapple juice and
 Juice of $\frac{1}{2}$ lemon water)
 2 ozs. sugar Whites of 2 eggs (whisked stiffly)

Dissolve the Gelatine and the sugar in the $\frac{1}{2}$ pint of liquid. Then bring to the boil, and add the lemon juice. Cool, and whisk into the whites of eggs as for Lemon Sponge (Recipe No. 67). When almost setting, add the pineapple cut into small dice. Mould, or pile up, and serve with custard sauce. Decorate with some pieces of pineapple and chopped pistachio nuts.

Sponges can be made as above using any other *tinned fruit* instead of pineapple, *e.g.*, raspberries, apricots, peaches, cherries, loganberries, etc. Sponges can be made with *fresh fruit* also, *e.g.*, rhubarb, currants, raspberries, gooseberries, cherries, etc.

The fruit must be stewed with a little water and enough sugar to sweeten. Sieve through a hair sieve, take $\frac{3}{4}$ pint of the thin pulp, which has passed through the sieve, dissolve in it the $\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (full measure), add the juice of the $\frac{1}{2}$ lemon, cool, and whisk into the whites of 2 eggs, as in Recipe No. 67. Lemon juice should be omitted when the fruit is sour, and colouring (according to the kind of fruit) may be added when necessary. As certain acid fruits may be liable to discolour in a metal mould, a glass or delf mould is recommended here.

Note.—Raspberry Sponge is illustrated on page 38.

72. CARAMEL SPONGE. Three to four persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint water 4 ozs. sugar Whites of 2 eggs

Put the sugar and $\frac{1}{2}$ gill of the water in a pan. Allow the sugar to dissolve, then boil rapidly till it becomes a nice brown colour. Remove at once from the heat. Dissolve the Gelatine in the other $1\frac{1}{2}$ gills of water, add it to the caramel, and allow it to cool slightly. Whisk the whites of eggs stiffly, gradually add the caramel mixture, whisking all the time. Add a little sugar if necessary. Whisk till thick, then pour into a wet mould. Turn out when set.

Serve with this sauce:—Make caramel with 2 ozs. sugar, and 2 tablespoonfuls water. Add 1 gill milk, and allow the caramel to dissolve in the milk. Add the caramel flavoured milk to the yolks of the 2 eggs, strain into a pan, and cook carefully till the custard thickens. Sweeten if necessary. Put aside till cold, add $\frac{1}{2}$ gill whipped cream, and use.

73. GOLDEN FOAM. Four to five persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint water 4 ozs. castor sugar 2 eggs
 1 orange $\frac{1}{2}$ lemon

Put the thinly peeled rind of the fruit in a pan with the water and Gelatine. Stir till dissolved, bring to the boil, then strain, add fruit juice, and cool. Beat the yolks of eggs and sugar together till thick and frothy. Gradually add the cool Gelatine mixture, beating all the time. Add the stiffly whisked whites of eggs, mixing them in lightly but thoroughly. Mould, and turn out when set.

74. MARSHMALLOW NEAPOLITAN. Four to five persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint water 3 ozs. sugar
 Whites of 2 eggs Little dissolved chocolate
 Rose essence and carmine A little lemon juice

Dissolve the Gelatine and sugar in the water, then put aside till almost cold. Whisk the whites stiffly, then gradually whisk in the cool Gelatine mixture. Before it is quite set, divide quickly into three parts. Add a little lemon juice to one part, whisk till almost setting, then pour into a square mould or cake tin which has been rinsed out with cold water. Add a little rose essence or vanilla to the second part, colour pink, whisk till setting, pour on top of the white layer in the mould. Add a little dissolved chocolate and vanilla essence to the third part, whisk, then pour on top of the pink layer. When firm, turn out of the tin, cut in slices, arrange in a glass dish, and decorate with whipped cream.

75. LEMON WHIP. Five to six persons

1 oz. COX'S INSTANT POWDERED GELATINE
 $1\frac{1}{4}$ pints water $\frac{1}{4}$ lb. sugar 2 lemons

Dissolve the Gelatine in 2 gills of the water. Put the thinly peeled lemon rind in a pan with the remainder of the water and the sugar, bring just to the boil and infuse for five minutes. Add the dissolved Gelatine, and the lemon juice. Strain, put aside till nearly cold, then whisk till white and thick. Mould, and turn out when set.

76. IMPERIAL PUDDING. Five to six persons

Lemon Sponge (Recipe No. 67)

Lemon Jelly (Recipe No. 9) coloured as desired

Make the sponge and drop small squares or rounds of jelly into it just before moulding. When set, turn out and pour a rich custard made with the yolks of the eggs round the base. Decorate with stars or crescents of jelly. The jelly should be moulded in a flat tin, turned out on to a flat damp surface, and stamped or cut out with a hot wet cutter or knife.

Mould the sponge as well as the coloured jelly in flat tins. Cut out rounds of jelly, on top lay small rounds of sponge, and on top a small fancy shape of jelly. Pour a little custard round.

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill water	2 eggs
$1\frac{1}{2}$ ozs. castor sugar	1 lemon

Note.—The mixture may be poured into a glass dish instead of a soufflé case. When set, spread with raspberry jam, and pile whipped cream on top.

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE
1-lb. tin unsweetened full cream evaporated milk
3 ozs. sugar 1 small tin pineapple 1 lemon

Strain the juice from the pineapple, and make up to $\frac{3}{4}$ pint with cold water. Heat this in a pan with the Gelatine, sugar, and thinly peeled lemon rind. Stir till dissolved, bring to the boil, add the lemon juice, strain, and cool. Beat the milk till thick and creamy, then gradually add the Gelatine mixture, whisking all the time. Whisk till thick, then add the pineapple cut in small pieces. Pour into a glass dish, leave till set, and decorate.

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ pint milk	3 ozs. castor sugar
3 eggs	$\frac{1}{4}$ lb. plain chocolate
A little vanilla	Cream

Break up the chocolate, and heat it in a pan with the milk and Gelatine. Stir till chocolate and Gelatine are dissolved, pour into a basin, and put aside till cool. Add vanilla. Put the yolks of eggs and sugar into a basin, and whisk till thick and frothy. Gradually whisk in the cool chocolate mixture. When beginning to thicken, fold in the stiffly whisked whites of eggs. Pour into a prepared soufflé case or crystal. When set, decorate with cream and chopped pistachio nuts.

80. ORANGE SOUFFLÉ. Eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{3}{4}$ gill hot water $\frac{3}{4}$ pint milk 3 eggs
 2 ozs. sugar 1 lemon 2 oranges

Put the milk and the very thinly pared orange and lemon rind into a saucepan and bring to boiling point. Pour over the beaten yolks of eggs. Return to the pan, stir till thickened, then strain into a basin. Add the sugar and set aside to cool. Dissolve the Gelatine in the hot water, add the orange and lemon juice, and stir all into the custard. When cool, fold in the stiffly beaten whites of eggs, and pour into a pretty dish. Keep in a cool place till required.

81. PEACH OR APRICOT SOUFFLÉ. Six to seven persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 1 gill milk 3 eggs
 2 gills peach or apricot purée 2 ozs. sugar
 A squeeze of lemon juice A little carmine

Mix the yolks of eggs and sugar, pour the warm milk over, strain back into the pan, and cook till the custard thickens. Remove from the heat, and allow to cool. Add the lemon juice and Gelatine to the fruit purée, and stir over the fire till the Gelatine is dissolved. Add this gradually to the cool custard, and colour if necessary. Whisk the whites of eggs stiffly, and fold them into the mixture. Stir till almost setting, and pour into a prepared mould, soufflé case, or glass dish.

Note.—The soufflé can be made with purée of other fruit (made by rubbing the fruit and some of the syrup through a hair sieve).

82. NORWEGIAN CREAM. Five to six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 4 eggs 6 ozs. castor sugar $\frac{1}{2}$ pint water
 Raspberry jam Vanilla essence Whipped cream

Dissolve the Gelatine in the water. Whisk the yolks of eggs and sugar till thick and frothy, then add the warm Gelatine mixture, and go on whisking till the mixture is very light. Add essence to flavour, and carefully fold in the stiffly whisked whites of eggs. Pour the mixture into a glass dish. When set, spread with raspberry jam, and put a layer of whipped cream on top.

Note.—The cream can be varied by using juice from tinned fruit instead of water (add water if necessary to make quantity up to $\frac{1}{2}$ pint). Cut up some of the fruit and put it in the bottom of the dish, and pour the cream on top. Finish with whipped cream if desired. Less sugar will be necessary if tinned fruit is used.

Put the Gelatine into a saucepan, add the milk, sugar, cinnamon, and thinly pared lemon rind. Stir till they boil, cool slightly, then pour over the yolks of the eggs, strain, return to the pan, and stir over the fire for a few minutes. It must not boil. Pour into a basin, and when cool, add lemon juice and whites of eggs well beaten. Turn into a wet mould. Serve with whipped cream.

Heat the milk with the thinly pared lemon rind, cool slightly, and pour on to the beaten yolks of eggs. Return the custard to the rinsed pan, and stir over a slow fire till thickened. Strain into a basin, add sugar to taste, cool, stir in half the juice of the lemon and the Gelatine dissolved in the hot water. Resweeten if required. When beginning to set, pour into a wet mould.

Break the chocolate into the milk, stir over the fire till dissolved. then pour on to the beaten yolks. Rinse the pan, return the custard to it, and stir until it thickens. Strain into a basin, and when slightly cooled, stir in the Gelatine dissolved in the water. Flavour with vanilla and resweeten if required. Pour into a china mould. When firm, turn out and serve with whipped cream.

Date Custard may be made in the same way. Use a little sherry to flavour instead of vanilla.

87. DATE CUSTARD. Five to six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint custard, flavoured vanilla $\frac{1}{4}$ lb. dates
 2 ozs. raisins A little lemon juice

To garnish:— $\frac{3}{4}$ gill whipping cream $1\frac{1}{2}$ ozs. walnuts (shelled)

Cut the dates in halves, remove the stones, and seed the raisins. Stew with $\frac{3}{4}$ gill of water until tender, then strain. Dissolve the Gelatine in $\frac{1}{2}$ gill of the juice, and stir it into the custard, adding also the stewed fruit and a few drops of lemon juice. Sweeten to taste. When beginning to set, pour into a border mould. When set, turn out and fill the centre with chopped walnuts and whipped sweetened cream. Decorate with a few whole nut meats.

88. GOLDEN CREAM PUDDING. Five to seven persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ gill hot water 3 ozs. castor sugar
 $\frac{1}{2}$ gill sherry 1 teaspoonful vanilla essence
 1 pint milk 2 teaspoonfuls lemon juice
 2 eggs A pinch of salt

Heat the milk, and stir into the beaten yolks of eggs. Return to fire, and stir till thickened, but do not boil. Strain into a basin. Add the sugar, vanilla, and lemon juice. Dissolve the Gelatine in the hot water and sherry, and stir into this custard. When cool, add the salt to the whites of the eggs and whip stiffly. Stir lightly into the custard, and whisk all together for five minutes, then pour into a wet mould.

Note.—If preferred, omit the sherry and use $\frac{1}{2}$ gill of water instead, flavouring more strongly with vanilla.

89. APRICOT PUDDING

Recipe and illustration are given on page 55

90. PEAR CUSTARD. Five persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{3}{4}$ pint milk 1 oz. sugar
 2 eggs 1 teaspoonful lemon juice
 6 large pears or a small tin $\frac{1}{2}$ teaspoonful vanilla essence

Peel and core the pears, simmer till tender in water with a little sugar or in some syrup from the tin. Then drain off, setting aside $\frac{1}{2}$ gill of the drained syrup. Chop the pears and put them in a glass dish. Make a custard with the milk, yolks of eggs, sugar, and vanilla. Dissolve the Gelatine in the $\frac{1}{2}$ gill of pear syrup which was set aside, add the lemon juice, and stir into the custard. When beginning to set, pour over the pears. When cold, decorate with meringue made by whisking the whites of eggs till stiff, then folding in 3 tablespoonfuls castor sugar.

91. PETITS CHÂTEAUX. Six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** **$\frac{3}{4}$ gill hot water****1 pint custard** **$\frac{3}{4}$ pint Sweet Jelly (Recipe No. 1 or 2)
Flavourings and red colouring**

Add the dissolved Gelatine to the custard. Divide the custard into three parts. Leave one yellow, flavouring it with lemon, colour one pink, flavouring with orange or vanilla, and to one add chocolate and vanilla. Line small moulds with Lemon or Wine Jelly. Fill up the moulds with alternate layers of the different coloured custards, allowing each layer to set before adding the next. If desired, a layer of jelly may be set between the layers of custards. When set, turn out and decorate with chopped jelly round the base of the castles. A large mould may be used instead, and the lining of jelly may be omitted, if a plainer sweet is desired.

92. BANANA CUSTARD. Five to six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** **$\frac{3}{4}$ gill hot water****1 pint milk****2 eggs****2 or three bananas****1 $\frac{1}{2}$ ozs. sugar** **$\frac{1}{2}$ teaspoonful vanilla****3 teaspoonfuls lemon juice**

Heat the milk, and pour it on to the beaten eggs. Return it to the rinsed pan, and stir over a gentle fire until slightly thickened. Strain into a basin, and add the sugar and vanilla. When cold, stir into it the Gelatine dissolved in the hot water. Cut the bananas in thin rounds, sprinkle them with the lemon juice, and add to the custard. When beginning to set, put into small wet moulds.

Tangerine Oranges, divided into liths and the seeds removed, may be used instead of bananas.

93. CRYSTAL PALACE PUDDING. Four to six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** **$\frac{3}{4}$ gill hot water****2 teaspoonfuls cornflour****2 yolks of eggs****1 $\frac{1}{4}$ pints milk****2 ozs. sugar** **$\frac{1}{2}$ teaspoonful vanilla essence**

Heat 1 pint of milk, and, when boiling, stir it on to the cornflour, previously mixed with the remaining gill of cold milk. Boil for five minutes, stirring all the time. Remove from the fire, add the sugar and vanilla, then pour it on to the beaten yolks, stirring well. Dissolve the Gelatine in the hot water, and stir into the cornflour custard. When cool, pour into a wet mould. When set, turn out and decorate with a few glacé cherries. A border mould may be used, and the centre filled with stewed fruit. A whole egg may be used. It must be well beaten before the hot cornflour is poured on to it.

94. CREAMS OF CONDENSED MILK.

Seven to eight persons

VANILLA CREAM:—

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 1-lb. tin unsweetened full cream evaporated milk
 1 gill hot water Vanilla Sugar

Dissolve the Gelatine in the hot water, and stir it into the milk. Sweeten and flavour to taste; stir occasionally. When almost firm, whisk until spongy. Pour into a mould previously rinsed out with cold water. When firm, dip the mould in warm water and turn out. Instead of moulding the cream, it may be piled up roughly in a crystal dish.

CHOCOLATE CREAM:—Prepare as above. After whisking pour into a crystal dish. When set, cover with grated chocolate.

COFFEE CREAM:—Add coffee essence to the vanilla cream to flavour and colour, or use a gill of freshly made coffee instead of the gill of hot water.

COFFEE AND NUT CREAM:—Pour the coffee cream into a dish. When set, cover with grated hazel nuts. Decorate with a few whole shelled nuts.

95. FLOATING ISLANDS. Six persons**CUSTARD**

1 heaped teaspoonful COX'S INSTANT POWDERED GELATINE
 2 tablespoonfuls hot water 2 yolks of eggs
 $\frac{3}{4}$ pint milk Sugar to sweeten
 The rind of half a lemon

Heat the milk with the thinly pared lemon rind, and pour it on to the slightly beaten yolks. Return to the fire, and stir till thickened. Strain into a basin, and sweeten to taste. Add the Gelatine dissolved in the hot water. When cool, pour into a glass dish.

ISLANDS

1 heaped teaspoonful COX'S INSTANT POWDERED GELATINE
 1 gill hot water 2 whites of eggs
 2 tablespoonfuls castor sugar 1 tablespoonful lemon juice

Dissolve the Gelatine in the water, add to it the sugar and lemon juice, and, when almost cool, whisk gradually into the stiffly beaten whites of eggs. Take two tablespoons and arrange the mixture like islands on top of the custard. If desired, decorate with chopped pistachio or red currant jelly. The flavour of the custard may be altered to taste. If vanilla is used, flavour the islands with a tablespoonful of raspberry jam added to the Gelatine.

96. GOLDEN PUDDING. Six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint water 4 to 6 ozs. sugar
 2 or 3 eggs Rind and juice of 2 large lemons
 Some chopped Lemon Jelly (Recipe No. 1 or 9)

Put the water, the Gelatine, the lemon juice, the thinly pared lemon rind, and the sugar into a saucepan, and stir till boiling. Cool slightly, and add to the eggs, which should be well beaten. Cook till the mixture begins to thicken, then strain, stir well, and set aside to cool. When cool, pour into a wet border mould. Turn out when set, and fill the centre with chopped Lemon Jelly, and scatter a little of it round the base of the mould.

97. BONITA PUDDING. Five to six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint water 6 ozs. sugar
 2 eggs Rind and juice of 2 lemons

Put the water, Gelatine, the thinly pared lemon rinds, the lemon juice, sugar, and the yolks of eggs into a saucepan, and stir over a gentle heat till it thickens. Strain into a basin, and, when cool, fold in the stiffly beaten whites of eggs. Pour at once into a crystal dish. When set, decorate with whipped cream. If preferred richer, use 3 eggs.

98. BOSTON CREAM. Six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{3}{4}$ gill hot water 1 pint milk 2 eggs
 2 ozs. sugar Vanilla essence

Make a custard with the yolks of eggs and milk. Add the Gelatine dissolved in the hot water. Sweeten and flavour to taste. When half set, add the stiffly beaten whites of eggs, and whisk all together for about ten minutes, then pour into a wet mould. When firm, turn out and serve plain or decorated with whipped cream or with coloured jelly either chopped or stamped out in shapes. This cream may also be served with fruit or a bright well-flavoured sauce. If to be served with fruit, use a border mould and place some fruit in the centre.

99. CRANBERRY & APPLE MOULD. Five to six persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 1 gill hot water 1 lb. apples $\frac{1}{2}$ lb. sugar
 1 gill cold water $\frac{1}{2}$ lb. cranberries

Stew the cranberries and apples in the gill of cold water till tender. Press through a sieve. There should be 1 pint of juice. Dissolve the Gelatine and sugar in the hot water, and add the fruit juice. Stir occasionally while cooling. Pour into a wet mould. Serve with whipped cream.

100. APPLE GÂTEAU. Four to five persons

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)
 $\frac{1}{4}$ pint hot water 1 lb. apples
 $\frac{1}{2}$ pint cold water Rind and juice of 1 lemon
 4 ozs. sugar Few drops red colouring

Peel and core the apples and slice them up roughly into a saucepan. Add the cold water and lemon rind, and stew till tender, then pass through a hair sieve. Measure the purée, adding the lemon juice and water to make up 1 pint. Stir in the sugar and the Gelatine dissolved in the hot water. Colour if desired. When cool, pour into a wet mould. Serve with custard or cream.

101. APPLE MOULD. Five to six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{3}{4}$ gill hot water 1 lb. apples
 $\frac{1}{2}$ pint cold water 4 ozs. sugar
 2 eggs Rind and juice of 1 lemon

Stew the apples with the $\frac{1}{2}$ pint of water, sugar, and finely pared lemon rind till tender. Press through a hair sieve. Measure the purée and make it up to 1 pint by adding the lemon juice and water if required. Return to the pan, add the yolks of eggs, and stir over the fire for a minute or two. Do not boil. Add the Gelatine dissolved in the hot water. When cool, fold in the stiffly beaten whites of eggs, and pour into a wet mould. Serve with custard or cream.

102. FRUIT MOULD. Four to five persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 1 lb. fruit (rhubarb) 4 oz. sugar 1 gill water
 Colouring if necessary $\frac{1}{2}$ gill water

Prepare the rhubarb and cut into inch pieces. Put it in a bowl with the sugar and 1 gill water, and steam till tender but unbroken (may be cooked in a casserole in the oven). When ready, allow to cool, then strain off, and measure the juice adding water if needed to make $\frac{1}{2}$ pint. Dissolve the Gelatine in the $\frac{1}{2}$ gill water, and add to the juice. Pour this over the fruit, and when almost setting, pour all into a glass or delf mould, taking care not to break the fruit. Turn out when set, and serve with cream or custard.

Note.—The mould can be made with any kind of fresh fruit, but the quantity of sugar will vary according to the acidity of the fruit. If desired, rather less Gelatine may be used, and the mixture poured into the dish in which to be served. A layer of whipped cream may be put on top, and any desired decoration.

103. APPLE GINGER. Six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
6 apples	6 ozs. sugar
$\frac{3}{4}$ pint water	1 oz. root ginger
Rind and juice of 1 lemon	A little red colouring

Take a large stewpan and boil the water, sugar, ginger, lemon rind and juice to a syrup. Strain. Core, peel, and quarter 6 large hard apples. Stew them in the syrup very gently till tender but not broken, and place them in a deep glass dish. Strain and measure the juice adding water if required to make 1 pint. Dissolve the Gelatine in the hot juice, colour as desired, and when cold, pour over the apples. When set, decorate with whipped cream.

104. APPLE SNOW. Four to six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE		
1 gill water	6 apples, cored	6 ozs. sugar
2 whites of eggs	Candied cherries	Juice of 1 lemon

Bake the apples, and when soft press the pulp through a hair sieve. Stir in the sugar, the lemon juice, and the dissolved Gelatine. When cool, mix in the whites of eggs stiffly beaten. Whisk all together thoroughly, then pile up roughly in a crystal dish, decorate with cherries, and serve with custard made from the yolks of the eggs.

105. PRUNE MOULD. Six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)		
$\frac{1}{2}$ lb. prunes	$\frac{3}{4}$ pint cold water	1 orange
2 ozs. sugar	Carmine to colour	

Wash the prunes and soak over night in the cold water. Stew with a little of the orange rind till tender. Add sugar. Strain the juice from the prunes, stone and chop them. Measure the juice, making it up with water to $\frac{1}{2}$ pint. Dissolve the Gelatine in this juice and pour over the prunes. Add the strained orange juice and carmine. When just starting to set, pour all into a wet mould. Serve with whipped cream or custard.

Note.—The prune stones may be broken and the blanched kernels added to the mould.

Prune and Banana Mould can be made as above by adding two sliced bananas to the mixture along with the stoned and chopped prunes.

Fig Mould may be prepared as above. Use $\frac{1}{2}$ lb. figs in place of prunes, a lemon instead of an orange, and Demerara instead of white sugar.

106. FIG AND ORANGE JELLY. Five to six persons **$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE**

$\frac{1}{2}$ lb. figs	$\frac{1}{2}$ pint water	$\frac{1}{2}$ pint orange juice
3 ozs. sugar	1 lemon	A little orange rind

Wash the figs, cut them in small pieces, and stew them gently with the water and 1 oz. of the sugar. When tender, strain the figs from the juice. Measure the juice, and make it up to $\frac{1}{2}$ pint by adding water. Put this juice, the Gelatine, remaining sugar, the orange and lemon juice, and a little orange and lemon rind in a saucepan, and stir till just boiling. Strain into a basin. When just beginning to set, add the figs, and divide into small wet moulds. When set, turn out, decorate with whipped cream.

107. PRUNE WHIP. Four to five persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** (short measure)

$\frac{1}{2}$ lb. prunes	Rind and juice of 1 lemon
$\frac{3}{4}$ pint cold water	Whites of 2 eggs
1 gill hot water	4 ozs. sugar
Carmine	

Cook the prunes till tender with the $\frac{3}{4}$ pint water and the lemon rind. Add the sugar, and cook five minutes longer. Stone the prunes, and rub the fruit and juice through a fine sieve. Add lemon juice. Take $\frac{1}{2}$ pint of this purée, adding water if needed to make up, and add the Gelatine dissolved in the gill of hot water, with a little carmine to improve the colour. Put aside till cool. When almost setting, fold in the stiffly whisked whites of 2 eggs, and pour the mixture into custard glasses. A little whipped cream may be piled on each before serving, and chopped pistachio nuts sprinkled on top.

108. LEMON MILK JELLY. Five to six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

1 gill hot water	3 gills milk	3 ozs. sugar
2 eggs	Rind and juice of 1 small lemon	

Heat the milk with the thinly pared lemon rind, and when almost boiling, pour on to the well beaten yolks of eggs. Return to the rinsed pan, and stir over a gentle heat till thickened, then strain into a basin, and add the sugar. Add the lemon juice, and the Gelatine dissolved in the gill of water. When cool, pour into a wet border mould. Turn out when firm, and fill the centre with the whites of eggs, prepared like the "Islands" in Recipe No. 95. If preferred, the entire eggs, beaten up, may be used in making the custard or the stiffly whisked whites of eggs may be folded into the jelly just before it is moulded.

109. PLUM PUDDING. Six to eight persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

2 ozs. currants

1 oz. glacé cherries

2 ozs. sultanas

1 oz. almonds

2 ozs. raisins, stoned

 $\frac{1}{2}$ gill sherry

1 oz. preserved ginger

 $\frac{1}{4}$ teaspoonful ground cinnamon

2 ozs. chopped dates

Rind and juice of 1 lemon

2 ozs. sugar

 $\frac{1}{2}$ pint water

Carmine

Blanch and chop the almonds, halve the cherries, chop the dates, ginger, and raisins, and clean the currants and sultanas. Put all these ingredients into a pan with the water, sugar, grated rind and juice of the lemon, and cinnamon, and cook gently for ten minutes. Strain, measure the liquid, and add enough water to make the quantity up to $\frac{1}{2}$ pint. Dissolve the Gelatine in this liquid, and pour it over the fruit. Add the sherry, and a little carmine to improve the colour. Put aside till the mixture is cool, then pour it into a wet mould. Turn out when set, and serve with cream or custard.

110. GRAPE SURPRISE. Six to seven persons **$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE** $\frac{1}{2}$ lb. grapes

Rind and juice of 1 lemon

6 ozs. sugar

1 pint grape juice

Put all the ingredients except the grapes into a saucepan, and stir till the Gelatine and sugar are dissolved. Strain and cool. When beginning to set, add the grapes, skinned and seeded. Pour into a wet mould, and turn out when set.

111. CARAMEL BLANC MANGE. Four to five persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** $\frac{1}{2}$ gill hot water

3 tablespoonfuls water

 $\frac{3}{4}$ pint milk } or 1 pint

2 tablespoonfuls boiling water

 $\frac{1}{4}$ pint cream } milk $\frac{1}{2}$ teaspoonful vanilla essence

3 ozs. sugar

Dissolve the sugar in the 3 tablespoonfuls of water, then boil without stirring, till of a rich brown colour. Remove from fire, and add the 2 tablespoonfuls of boiling water. Add the milk and cream, and stir over a slow fire till the caramel is dissolved, then set aside to cool. Add the Gelatine dissolved in the $\frac{1}{2}$ gill of water. Flavour with vanilla, adding a few drops of lemon juice if too sweet. When cool and beginning to thicken, pour into small wet moulds. Turn out when set, and put a little whipped cream on top of each mould.

112. HONEYCOMB SHAPE. Four to five persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

1 pint milk

2 eggs

4 ozs. sugar

Vanilla essence

Put the milk in the pan with the Gelatine, sugar, and slightly beaten yolks of eggs, and stir till almost at boiling point. Remove at once from the heat, and add the vanilla. Allow to become cool, fold in the stiffly whisked whites, and pour into the mould.

113. ORANGE TRIFLE. Five to six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** $\frac{3}{4}$ gill hot water

3 or 4 sweet oranges

1 pint milk

3 or 4 tablespoonfuls castor sugar

2 eggs

Make a custard of the milk and yolks of eggs, and add 2 tablespoonfuls of sugar. Dissolve the Gelatine in the water, and strain into the custard. Pare the oranges, remove the seeds and pith, roll them in the sugar, and place in a deep glass dish. When the custard is cool, pour it over the oranges, and set aside till firm. Whip the white of the eggs to a stiff froth, and add a tablespoonful of sugar. Pile this meringue on top of the trifle and serve. Instead of the meringue, whipped cream may be used.

Note.—**Banana Trifle** may be made in the same way. Squeeze a little lemon juice over slices of banana. Less sugar is required.

114. PEACH SURPRISE. Six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

6 half peaches (tinned)

2 ozs. ground almonds

Sponge cake

1 tablespoonful jam

Juice from fruit

Squeeze of lemon juice

Water

Whipped cream

Carmine

Sherry if desired

Put a layer of sponge cake at the bottom of small individual glass dishes. Soak with a little sherry or fruit juice. Add enough water to the remainder of the juice to make $\frac{1}{2}$ pint. Flavour with lemon, add a little sugar if necessary, add the Gelatine, and stir till almost boiling. Remove from the fire, strain, colour red with carmine, and cool. Mix together the ground almonds, jam, and a little lemon juice, and fill the hollow in each peach with the mixture. Put half a peach on top of the prepared sponge in each glass (rounded side up), and when the jelly is almost setting, coat the peaches with it. Pipe a rosette of whipped cream on top of each, and serve.

115. LEMON CHIFFON FLAN. Five to six persons **$\frac{1}{8}$ oz. COX'S INSTANT POWDERED GELATINE****2 eggs****Rind and juice of $\frac{1}{2}$ lemon****2 ozs. castor sugar****1 gill water****1 Pastry Case (see Recipe No. 118)**

Put the yolks of eggs in a basin, and beat them with half of the sugar. Put the basin over a pan of hot water, and cook for five minutes, stirring all the time. Dissolve the Gelatine in the water, cool slightly, and add it to the egg mixture. Add the lemon juice, and the grated rind. Allow to cool, but not set, then fold in the stiffly beaten whites of eggs to which has been added the remainder of the sugar. Pour the mixture into a baked pastry case, and put aside to set. When firm, cover with a layer of whipped sweetened cream, and serve.

116. LEMON PIE. Six to seven persons**FILLING** **$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE** **$\frac{1}{2}$ pint water****Rind and juice of 1 lemon****1 egg yolk****3 ozs. sugar****COVERING****1 teaspoonful COX'S INSTANT POWDERED GELATINE****1 gill hot water****1 tablespoonful lemon juice****1 white of egg****2 ozs. sugar**

Cover a plate with short pastry made with 6 ozs. flour, a teaspoonful castor sugar, a pinch of salt, $3\frac{1}{2}$ ozs. of butter or margarine rubbed in, and about a tablespoonful of cold water to mix. Decorate edge, prick centre, and bake in a quick oven.

For the filling:—Stir the Gelatine, water, and the thinly pared lemon rind till boiling. Add the juice, cool slightly, and pour over the yolk, strain, and return to the heat to cook the egg, but do not boil, then pour into a basin. When beginning to set, pour into the cold cooked pastry. Allow to set.

Pile on top the following covering:—Dissolve the teaspoonful of Gelatine and the sugar in the hot water, add the lemon juice, and allow to cool. When setting, stir in the stiffly beaten white of egg, and whisk all together to a stiff froth. A few cherries may be used to decorate.

117. ORANGE TARTLETS**Tartlet cases****Orange Curd (Recipe No. 198)****A little whipped cream****Pistachio nuts**

Fill short crust or puff pastry cases with Orange Curd, put a rosette of cream on top of each tartlet, and sprinkle with chopped pistachio nuts.

118. FRUIT FLAN. Four to five persons

(a) Make the Pastry Case as follows:—

4 ozs. flour	1 teaspoonful castor sugar
2 ozs. butter	Yolk of 1 egg
Pinch of salt	Cold water

Add salt and sugar to the sifted flour, then rub the butter in till the mixture is like fine breadcrumbs. Mix to a stiff consistency with the yolk of egg, and a little cold water. Turn on to a floured board, roll rather less than half an inch in thickness, and line a flan ring with the pastry. (If a flan ring is not available a sandwich tin can be used instead). Put a piece of greased paper (greased side down) inside the flan, and fill it up with rice or beans to keep the pastry in position while in the oven. Bake in a moderately hot oven for about half an hour. When the pastry is set, remove the paper and rice, and allow the pastry to dry off. Remove the ring, and allow the pastry to cool on a wire tray.

(b) Fill up the flan with any kind of tinned or fresh fruit, arranging it carefully to make the appearance attractive, then cover with a fruit glaze made as follows:—

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
1 gill fruit syrup	Sugar to sweeten

The quantity of sugar will depend on the acidity of the juice, but with stewed fruit it may not be necessary to add any. Care should be taken that the fruit is not broken, and the syrup cloudy.

Put the sugar in a pan with half of the syrup, and bring it to the boil. Dissolve the Gelatine in the remainder of the syrup, then add it to the sugar mixture. Put aside till it begins to set, then use at once.

119. FRUIT SALAD, JELLIED. Six to eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

$\frac{1}{2}$ pint hot water	1 lemon
$\frac{1}{2}$ pint fruit juice, or wine and fruit juice mixed	2 oranges
3 bananas	$\frac{1}{2}$ grape fruit
$\frac{1}{4}$ lb. white grapes	Pineapple, few slices
$\frac{1}{4}$ lb. black grapes	4 ozs. sugar
	Pistachios blanched and chopped

Dissolve the Gelatine and sugar in the hot water, add the wine, fruit juice, and lemon juice. Slice up the oranges, grape fruit, bananas, and pineapple. Skin the grapes and remove the seeds. Stir all the ingredients into the Gelatine mixture, resweeten to taste, and when beginning to set, pour into a salad bowl. When set, decorate with whipped and sweetened cream and a few grapes, orange liths, or glacé cherries. Any fruit in season may be used.



APRICOT PUDDING. Six to eight persons

$\frac{1}{2}$ oz. **COX'S INSTANT POWDERED GELATINE**

1 lb. tin of apricots

Carmines

2 tablespoonfuls sugar

$\frac{1}{2}$ pint milk

Juice of half a small lemon

$\frac{3}{4}$ gill whipping cream

Keep back three half apricots for decoration. Set aside 1 gill of the apricot syrup. Rub the remaining apricots and syrup through a hair sieve to make $\frac{1}{2}$ pint of purée. Dissolve the Gelatine and sugar in the gill of apricot syrup which was set aside, and add this to the purée along with the lemon juice. Stir this mixture into the milk, colour with carmine, and when beginning to thicken pour into a mould. When set, turn out and decorate with the whipped cream and three half apricots cut into slices.

Half of the lemon juice may be omitted and a tablespoonful of brandy added.

Tinned peaches or pears may be used instead of the apricots. Dried apricots may be stewed and used as above, care being taken to set aside the gill of juice to dissolve the Gelatine and sugar before the apricots have broken down into a pulp.



NEAPOLITAN CREAMS. Six persons

(Twelve small dariole moulds or one large mould)

1 pint Vanilla Cream (see Recipe No. 121)

Coffee essence

Red colouring

Lemon Jelly (Recipe No. 1)

Green colouring

Line moulds or large mould with the Lemon Jelly. Make the Vanilla Cream as in Recipe No. 121. Divide it into four equal parts, colour one pink, the second green, and the third with coffee essence, and leave the fourth uncoloured. Pour in alternate layers into the prepared moulds, allowing each layer to set before pouring in the next. When firm, pour some jelly over. Turn out, and decorate with chopped jelly.

Rich Cold Sweets

SPECIAL DIRECTIONS FOR MAKING CREAMS

Attention is directed to the information and instructions given on pages 3 to 5. In hot weather it may be necessary to use a little more Gelatine than is specified in the recipes.

Fresh double cream is necessary, and it should be half whisked to give the mixture a sponge-like texture.

The Gelatine must be completely dissolved in the given quantity of water, and the solution should be warm when stirred into the cream mixture; if added too hot it spoils the texture of the cream, and if too cold, the Gelatine may set into small lumps, and thus not be properly mixed in. If custard or fruit purée forms part of the recipe, the dissolved Gelatine should be added to this, and the mixture added at once to the half-whisked cream, and gently stirred till nearly set.

Creams should not be moulded until beginning to set.

120. WHOLE CREAMS. Five to six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

1 pint cream

$\frac{1}{2}$ gill water

Flavouring

A squeeze of lemon juice, if desired

Sugar to sweeten

Lemon Jelly (Recipe No. 1)

Line a mould with Lemon Jelly, and decorate it with cherries, pistachio nuts, etc. Half whisk the cream, and add to it the flavouring, lemon juice, and sugar. Dissolve the Gelatine in the water, and add it warm to the cream. Stir till the cream shows signs of setting, then pour it at once into the prepared mould. Turn out when set, and decorate with chopped jelly.

EXAMPLES

VANILLA CREAM.—Use vanilla essence for flavouring.

VELVET CREAM.—Use 4 tablespoonfuls sherry and 1 tablespoonful brandy in place of the flavouring.

CHOCOLATE CREAM.—Use 2 ozs. chocolate dissolved in a little water and vanilla essence.

GINGER CREAM.—Use ginger essence or ginger syrup, and add some finely chopped ginger.

Note.—If the cream is not to be turned out of a mould, but simply sent to table in the dish in which it has set, little more than half the quantity of Gelatine will be sufficient.

121. CUSTARD CREAMS. Six to seven persons*** $\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

$\frac{1}{2}$ pint cream	Flavouring, <i>e.g.</i> , Vanilla
$\frac{1}{2}$ pint custard	$\frac{1}{2}$ gill water
Sugar to sweeten	Lemon Jelly (Recipe No. 1)

Line a mould with Lemon Jelly, and decorate it as desired. Half whisk the cream. Add sugar and flavouring to the not quite cold custard, dissolve the Gelatine in the water and add it also. Mix all with the cream. Stir till the mixture shows signs of setting, then pour at once into the prepared mould.

EXAMPLES

COFFEE CREAM.—Add coffee essence, or 2 tablespoonfuls strong black coffee, or infuse a little coffee in the milk before making the custard.

CARAMEL CREAM.—Make caramel with 2 tablespoonfuls sugar and 2 tablespoonfuls water, and dissolve enough in the milk to flavour it before making the custard.

GINGER CREAM.—Add 2 tablespoonfuls chopped ginger, a little of the ginger syrup, and a few drops of lemon juice.

122. FRUIT CREAMS. Six to seven persons*** $\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

$\frac{1}{2}$ pint cream	Sugar to sweeten
$\frac{1}{2}$ pint fruit purée	Colouring, if necessary
Lemon Jelly (Recipe No. 1)	A squeeze of lemon juice, if necessary
$\frac{1}{2}$ gill water or fruit juice	

Or

 $\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

1 gill cream	$\frac{1}{2}$ gill water or fruit juice
1 gill custard	Sugar to sweeten
$\frac{1}{2}$ pint fruit purée	Colouring, if necessary
Lemon Jelly (Recipe No. 1)	Lemon juice, if necessary

Line a mould with Lemon Jelly, and decorate as desired. Half whisk the cream. If custard is used, add it to the fruit purée. Add to this also the sugar, a little colouring if necessary, and a squeeze of lemon juice if it improves the flavour. Dissolve the Gelatine in the water or fruit juice, and add this warm to the fruit mixture. Stir it at once into the prepared cream, and continue stirring till the cream begins to thicken. Pour it immediately into the prepared mould. Turn out when set.

Fruits suitable :—(1) Tinned fruits—Apricot, peach, cherry, raspberry, strawberry, loganberry, etc. (2) Fresh fruits—Strawberry, raspberry, banana, orange, loganberry, etc. (3) Dried fruits—Prunes, apricots. These should be stewed then sieved, and the purée can then be used as above.

** See note on page 57 (Recipe No. 120)*

123. NEAPOLITAN CREAMS*Recipe and illustration are given on page 56***124. CHALFONT CREAMS.** Six to eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{3}{4}$ gill hot water	1 oz. cornflour
$1\frac{1}{4}$ pints milk	3 ozs. sugar
1 gill cream	Almond or vanilla essence
2 or 3 yolks of eggs	Pistachios
Clear Jelly (Recipe No. 1 or 2)	

Put a little Clear Jelly into some small wet moulds. Decorate with pistachios, chopped or made into shamrocks by cutting thin slices and putting three small sections together with a tiny strip for a stalk. Cover with another thin layer of jelly. Heat 1 pint of milk, and pour it on to the cornflour previously blended with the other $\frac{1}{4}$ pint of cold milk, return to the rinsed pan and boil, stirring well for five to seven minutes. Remove from the fire, stir in the yolks of eggs, the sugar, flavouring, and cream, and the Gelatine dissolved in the hot water, cool, and pour into the prepared moulds. When set, turn out, and decorate with chopped jelly.

125. CHOCOLATE SURPRISE. Eight to ten persons**CHOCOLATE**

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
4 ozs. chocolate	Vanilla flavouring
1 pint milk	Sugar to taste

Dissolve the chocolate and Gelatine in the milk, strain, and set aside to cool. Flavour with vanilla, and sweeten if required. When beginning to set, line a plain mould. This lining should be about an inch in thickness. If difficulty is found in lining the mould, pour all the chocolate into it, and when set, scoop out the centre with a silver spoon dipped in boiling water.

CREAM CENTRE

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	$\frac{1}{2}$ pint whipping cream
$1\frac{1}{2}$ ozs. sugar	Vanilla

Half whip the cream with the sugar and vanilla. Dissolve the Gelatine in the hot water. Stir lightly into cream. When beginning to set, pour into the lined mould. When set, cover the cream with the chocolate mixture, which has been melted down and cooled again. Turn out when set, and decorate.

Note.—The mould may be lined with Lemon Jelly and decorated, before it is lined with the chocolate mixture.

126. CHERRY DESSERTS. Four to six persons **$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE** $\frac{1}{2}$ lb. cherries

2 eggs

 $\frac{1}{2}$ gill water

4 ozs. sugar

Red colouring

1 gill whipping cream

Stew the cherries with the water and 3 ozs. sugar till soft, then sieve. Beat the yolks of eggs with 2 tablespoonfuls of cherry juice and 1 oz. sugar over hot water or a gentle fire till thick, then whisk till cold, and add to the whipped cream. Dissolve the Gelatine in 1 gill of hot cherry juice, cool slightly, and add to the mixture. Stir in gently the stiffly beaten whites of eggs and a little colouring. Pour into small wet moulds. Turn out when firm, and decorate with roses of whipped cream.

127. DIPLOMATIC CREAM. Four to five persons **$\frac{1}{8}$ oz. COX'S INSTANT POWDERED GELATINE**

3 gills Lemon Jelly (Recipe No. 1), coloured red

1 gill cream

1 oz. ratafia biscuits

 $\frac{1}{2}$ oz. glacé cherries $\frac{1}{2}$ gill water $\frac{1}{2}$ oz. preserved ginger

Sugar to sweeten

A little vanilla

Rinse out a plain round mould with cold water, and set a layer of the jelly 1 inch in thickness. Rinse a tumbler, and place it in the centre of the mould, put ice in the tumbler, then fill up all round it with jelly. When set, pour the ice out of the tumbler, pour in warm water, then slip the tumbler out of the jelly. Half whisk the cream, then add to it the fruits chopped, biscuits crushed, sugar, and flavouring. Dissolve the Gelatine in the water, and add it to the mixture, and when almost setting, pour it into the centre of the jelly. Pour a little jelly on top, and leave to set. Turn out when firm, and decorate the dish with chopped jelly.

128. ORANGE MOULD. Six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

1 gill hot water

2 ozs. castor sugar

1 gill milk

2 eggs

1 gill cream

1 or 2 teaspoonfuls lemon juice

1 gill orange juice

Red colouring

Make a custard with the milk, yolks of eggs, sugar, and a little orange rind to flavour. Strain into a basin, and cool. Add the Gelatine dissolved in the hot water, the fruit juice, and a very little red colouring. Add all to the half whisked cream. Whisk the whites of the eggs stiffly and fold in. Pour into a wet mould. When firm, turn out and decorate.

129. PUDDING À LA ROMAINE. Seven to eight persons **$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE**

1 gill hot water

1 pint milk

 $1\frac{1}{2}$ gills cream

4 ozs. sugar

3 ozs. chopped almonds

3 yolks of eggs

1 tablespoonful orange flower water

1 teaspoonful lemon juice

Blanch and chop the almonds finely and brown them slightly in the oven or by stirring in a pan over the fire. Bring the milk and browned almonds to the boil, and pour it on the beaten yolks. Return this custard to the pan, and stir over the fire till thickened. Add the sugar, the orange flower water, the lemon juice, and the Gelatine dissolved in the hot water. When cool, stir gently but thoroughly into the whipped cream, and pour into a wet mould.

If so preferred, the almonds may be strained out of the custard.

130. SAN JOSÉ PUDDING. Five to six persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** $1\frac{1}{2}$ gills hot water

2 gills milk

1 tablespoonful sherry

1 oz. maraschino cherries

1 gill whipping cream

2 ozs. sugar

1 oz. glacé fruits

1 oz. hazelnut meats

Cut the fruit and nuts in small pieces, and soak them in the sherry. Add the Gelatine and sugar dissolved in the hot water. Add the milk. When cool, stir into the whipped cream. When beginning to set, stir the mixture, and divide into dainty glasses. Decorate, when set, with cherries, rose leaves, or pistachios. Whipped cream may be piped on top before decorating.

Note.—Instead of maraschino cherries, glacé cherries soaked in a tablespoonful of maraschino may be used.

131. STRAWBERRY CUSTARD. Six to eight persons **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE** $\frac{1}{2}$ gill hot water

1 gill cream

Kirsch or vanilla essence

 $\frac{1}{2}$ lb. small strawberries $\frac{3}{4}$ pint milk

3 yolks of eggs

Sugar

Make a custard with the eggs and milk. Sweeten and flavour with kirsch or vanilla. When cool, add the Gelatine dissolved in the hot water. Half whisk the cream, and add the cool custard to it. Pour into a mould with alternate layers of strawberries. When set, turn out and serve with a sauce of strawberry syrup flavoured with kirsch or vanilla, and coloured with a few drops of carmine. The sauce may be hot or cold, but, if hot, is served in a separate dish. (See Recipe No. 194.) A border mould may be used, and the centre filled with strawberries and well sweetened whipped cream. Decorate with rosettes of whipped cream and a few strawberries.

132. TANGERINE CREAM. Seven to eight persons **$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE**

1 gill boiling water

1 pint milk

Yolks of 3 eggs

 $\frac{1}{2}$ pint whipping cream

4 ozs. sugar

1 teaspoonful orange essence

3 or 4 tangerines (or 1 tin of tangerines)

Pare thinly the yellow outer rind of 2 tangerines, and put in a saucepan with the milk. When warm, pour it on the beaten eggs. Return the custard to the rinsed pan, and stir over the fire till slightly thickened. Strain into a basin, adding the sugar and essence. Dissolve the Gelatine in the hot water, stir it into the custard, and set aside to cool. Whip the cream, and stir the custard lightly into it. Pour about a third of this cream into a deep dish. Lay liths of tangerine over the surface. When firm, cover with more cream and another layer of orange, and when this has set, cover with the remainder of the cream. Keep in a cool place, and serve either plain or decorated with liths of tangerine dipped in sugar boiled to the crack, and whipped cream.

133. PEACH SNOW. Eight persons**1 oz. COX'S INSTANT POWDERED GELATINE**

1 quart tin peaches

Juice of 1 lemon

 $\frac{1}{4}$ lb. granulated sugar

Whites of 3 eggs

Drain the peaches, and lay some aside for garnishing. Pulp the rest of the fruit, and measure the pulp, making it up to $1\frac{1}{4}$ pints with the fruit juice if necessary. Put the fruit pulp, Gelatine, sugar, and lemon juice into a saucepan, and stir till the Gelatine and sugar dissolve. Pour into a basin, and allow to cool. Stiffly beat the whites of the eggs, and gradually add the peach mixture. Whisk together until light and spongy. Heap up roughly in a glass dish. Serve with peaches filled with whipped sweetened cream arranged round the dish.

Note.—The Peach Snow may be poured into a border mould while the snow is soft enough to take the impression of the mould. Fill the centre with sliced peaches, and decorate with whipped cream.

134. APPLES À LA BERCY. Six to eight persons **$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE** $\frac{3}{4}$ pint stewed apples

Juice of 1 orange

Juice and rind of $\frac{1}{2}$ lemon

About 5 ozs. sugar

2 whites of eggs

 $\frac{1}{2}$ pint whipping cream

1 gill water

Carmine

Stew the apples with the lemon rind, water, and sugar to sweeten, and press them through a hair sieve. Measure $\frac{3}{4}$ pint

of this purée. Dissolve the Gelatine in 1 gill of liquid made up of the orange and lemon juice, and, if required, water. Stir the Gelatine into the apples, and sweeten to taste. Add a little carmine. When cool, and just beginning to thicken, whisk the mixture for two minutes, then pour it into the whipped cream. Lastly, fold in the stiffly beaten whites of eggs. Pour into a wet mould, and set aside in a very cool place till firm. When set, turn out and serve either plain or with custard made from the yolks of the eggs.

135. PEACH MOULD. Five to six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)	
1 tin peaches	Juice of 1 lemon
Sugar as required	$\frac{1}{2}$ to $\frac{3}{4}$ gill whipping cream
Vanilla	Raspberry Sauce (Recipe No. 194)

Drain the peaches from the syrup, and chop them finely. Measure $\frac{1}{2}$ pint of the chopped peaches. Dissolve the Gelatine in $\frac{1}{2}$ pint of the peach syrup made up to the quantity with water if required. Stir this into the fruit, and add the lemon juice with sugar to sweeten. When cool, pour into a border mould. Turn out when set. Fill the centre with any pieces of peach left over, and force the sweetened cream flavoured with vanilla on top. Pour a bright Raspberry Sauce round.

Note.—The centre might be filled with Vanilla Ice Cream (Recipe No. 154).

136. FRANGIPANI TART. Five persons

1 teaspoonful COX'S INSTANT POWDERED GELATINE	
1 $\frac{1}{2}$ tablespoonfuls hot water	$\frac{1}{2}$ pint milk
Yolks of 2 eggs	1 tablespoonful cocoanut
Rind and juice of $\frac{1}{4}$ lemon	1 oz. citron peel
1 oz. glacé cherries	1 tablespoonful sherry
Sugar to taste	4 ratafia biscuits crushed
1 tablespoonful cake crumbs	$\frac{1}{2}$ gill whipping cream
Tart Case of short crust (see Recipe No. 118)	

Infuse the cocoanut and lemon rind in the milk, pour into the beaten yolks, return to fire, and stir till thickened. Strain into a basin. Chop the fruits, soak them in the sherry with the biscuits and cake crumbs, and add all to the custard. Add the Gelatine dissolved in the hot water. Sweeten to taste. Stir in a little lemon juice. When beginning to set, pour into the Pastry Case. When set, decorate with whipped cream and a few cherries. The Frangipani Custard may be used also as a filling for cakes.

137. PINEAPPLE IN GRAPE FRUIT SHELLS. Six persons

Lemon Jelly (Recipe No. 1)	1 tin of pineapple
3 grape fruit	Sugar to sweeten
1 gill cream	Pistachio nuts

Cut the pineapple into small pieces. Cut the grape fruit in neat halves, and carefully scoop out the pulp, leaving it in medium sized pieces. Mix the fruit. To 1 pint of this fruit, add sugar to sweeten, and $\frac{1}{2}$ pint of cool Lemon Jelly. When beginning to set, fill the grape fruit shells. Decorate with whipped cream, or chopped jelly, pieces of the fruit, and chopped pistachio nuts.

138. CARAMEL RICE MOULD. Six to eight persons

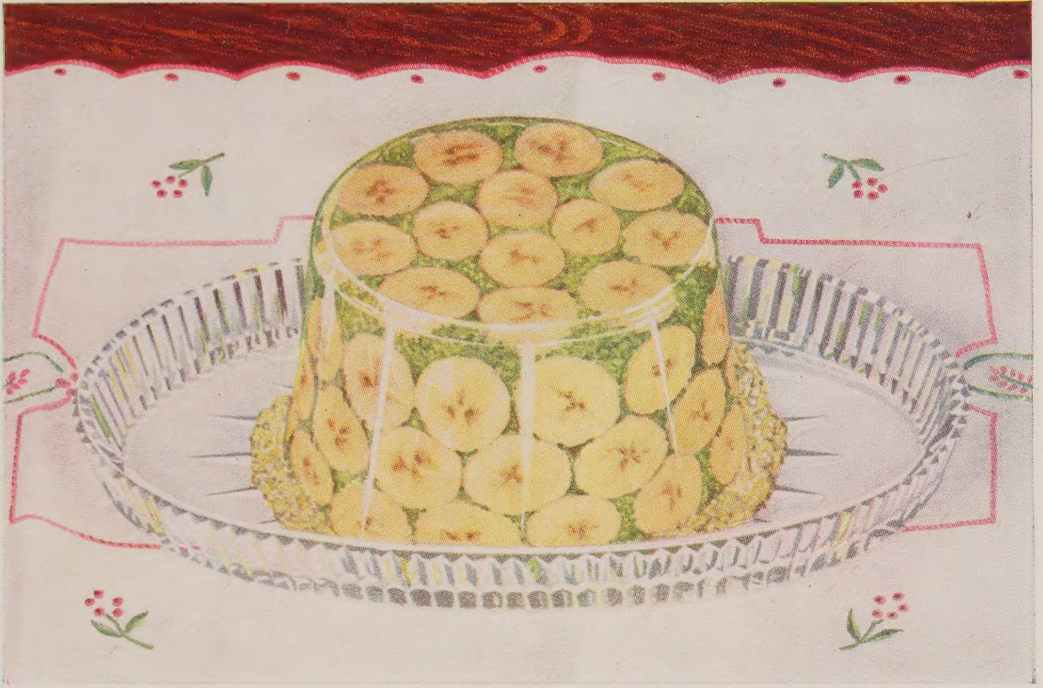
$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill pear juice	2 ozs. rice
1 pint milk	1 gill whipping cream
1 gill pieces of pear	$1\frac{1}{2}$ ozs. chopped or ground almonds
4 ozs. sugar	1 teaspoonful vanilla essence
Sugar to sweeten	3 tablespoonfuls water

Boil the 4 ozs. sugar in the water to a rich brown colour, and line a hot tin or plain mould. Cook the rice in the milk till it is tender and creamy. Add to it the Gelatine dissolved in the pear juice, the almonds, and pieces of pear. When cool, stir into the whipped cream. Flavour and sweeten to taste. When beginning to set, pour into the prepared mould. When firm, dip into hot water, and turn out of mould.

139. CARAMEL TRIFLE. Six to eight persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	2 tablespoonfuls cold water
2 ozs. sugar	2 tablespoonfuls boiling water
1 pint milk	Vanilla or almond essence to flavour
2 eggs	1 oz. almonds
1 gill whipping cream	Slices of sponge cake
Sherry or fruit juice	1 oz. ratafia biscuits

Put the sugar into a small strong pan with the 2 tablespoonfuls of cold water, dissolve, and let it boil without stirring till a rich brown colour. Remove from fire, and add the 2 tablespoonfuls of boiling water to cool it slightly, then add the milk and allow the caramel to dissolve at the side of the stove. When dissolved, pour into the beaten eggs. Return to the pan. Stir over a slow fire till thickened. Strain into a basin. Dissolve the Gelatine in the hot water, and stir it into the custard. Sweeten and flavour to taste. Put the slices of sponge and crushed ratafia biscuits into a pretty dish, soak with sherry or fruit juice. Pour half of the warm custard over them. When the remainder of the custard is cool and thick, pour it on top. Decorate with whipped cream and the almonds chopped and browned in oven.



CHARTREUSE OF BANANAS. Six to seven persons

(A variation of Recipe No. 140)

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill water	2 ozs. sugar
$\frac{1}{2}$ pint cream	$\frac{1}{2}$ teaspoonful lemon juice
2 or 3 bananas	$\frac{1}{2}$ pint banana purée
1 pint Lemon Jelly (Recipe No. 1 or No. 9)	
Chopped pistachio nuts	

Line a plain mould with cool Lemon Jelly. When set decorate with slices of banana, dipping each slice in a little cool jelly before putting it in position. Fill the spaces between the banana slices with chopped pistachio nuts mixed with a little Lemon Jelly. When these are set line the whole again with jelly. Half whisk the cream. Dissolve the Gelatine and sugar in the water, and add this to the banana purée, and lemon juice. Mix thoroughly, and stir at once into the prepared cream. Stir till the mixture begins to thicken, and pour immediately into the prepared mould. Turn out when set, and arrange chopped jelly round the chartreuse.



ORANGE SOUFFLÉ. Five to six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)	
3 eggs	2 ozs. castor sugar
$1\frac{1}{2}$ gills whipping cream	$\frac{1}{2}$ gill hot water
1 gill orange juice	Grated rind of 2 oranges

For decoration:— $\frac{1}{2}$ gill whipped sweetened cream
Chopped pistachio nuts, 1 orange

Whisk the yolks of eggs with the sugar and grated rind in a bowl over a pan of hot water until thick and frothy. Remove from pan and whisk till cold. Dissolve the Gelatine in the $\frac{1}{2}$ gill hot water, add to it the orange juice and stir into the egg mixture. Fold into the whipped cream and then fold in the stiffly beaten whites of eggs. Pour into a soufflé dish previously prepared with a white paper band tied firmly round and coming two inches above the edge. Put in a cold place till firm; remove the paper band and decorate with sections of orange (dipped in caramel syrup, if desired), the whipped sweetened cream, and chopped pistachio nuts.

140. CHARTREUSE OF ORANGES. Six to eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 1 pint Lemon Jelly (Recipe No. 1 or 9)
 $\frac{1}{2}$ gill water 2 ozs. sugar
 5 or 6 oranges $\frac{1}{2}$ pint orange juice
 $\frac{1}{2}$ pint cream Chopped pistachio nuts

Line a plain mould with cool Lemon Jelly. When set, decorate it all over with slices of orange, dipping each slice in a little cool jelly before putting it in position. Fill the spaces between the pieces of orange with chopped pistachio nuts mixed with a little jelly. When these are set, line again very thickly with jelly. Dissolve the sugar and Gelatine in the water, and add to the orange juice. Add this gradually to the half whisked cream. Stir till the mixture begins to thicken, and then pour at once into the prepared mould. Turn out when set, and arrange chopped Lemon Jelly round the chartreuse.

VARIATIONS

CHARTREUSE OF BANANAS.—*Recipe and illustration, page 65.*

CHARTREUSE OF APRICOTS.—Make as above, but use rounds of apricot instead of orange slices in the decoration. When making the cream filling use $\frac{1}{2}$ pint of apricot pulp instead of the orange juice.

CHARTREUSE OF STRAWBERRIES OR RASPBERRIES.—Make as above, but use fresh strawberries or raspberries (halved) for decoration, and $\frac{1}{2}$ pint of the fruit purée, sweetened to taste, in the cream filling. The jelly for lining the mould may be coloured red if desired.

141. MILANAISE SOUFFLÉ. Five to six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ gill hot water $\frac{1}{2}$ pint whipping cream
 3 eggs 4 ozs. sugar
 2 small lemons Macaroons
 Crystallised Violets or Rose petals

Whisk the yolks of the eggs with the sugar, the grated lemon rinds and juice in a bowl over a pan of hot water until thick and frothy. Remove from pan, and whisk till cold. Dissolve the Gelatine in the hot water, cool slightly, and stir into the egg mixture. Fold into the whipped cream, then fold in the stiffly beaten whites of eggs. Pour into a soufflé dish already prepared, with a white paper band tied firmly round, and coming 2 inches above the upper edge of the soufflé case. Stand in a very cold place till required. Sprinkle crushed macaroons over the top, then tear off the paper. If it sticks, dip a knife in boiling water and run it round between the paper and the soufflé. Decorate, if desired, with violets or rose petals.

142. GRAPE AND PEAR SOUFFLÉ. Six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
1 lb. pears	$1\frac{1}{2}$ gills water
$\frac{1}{2}$ pint whipping cream	$\frac{1}{4}$ lb. grapes
3 eggs	4 ozs. castor sugar
1 teaspoonful lemon juice	

Stew the pears with the water and 2 ozs. of the sugar till tender. Keep back 1 gill of the pear syrup, made up to the quantity with water if required. Press the fruit through a hair sieve, and measure $\frac{1}{2}$ pint of the purée. Put the yolks, 2 ozs. sugar, and 2 tablespoonfuls of the cream into a basin, and whisk over boiling water till thick and frothy, remove from pan, and whisk till almost cool. Add the lemon juice to the gill of pear syrup, dissolve the Gelatine in it, and add to the $\frac{1}{2}$ pint of cool purée. Add at once to the egg mixture. Resweeten. Fold in lightly the rest of the cream, whipped, and the whites of the eggs, stiffly beaten. Add the grapes, previously skinned, halved, and stoned, and pour into the prepared soufflé dish. When set, decorate with a few grapes, violets, or rose leaves.

Note.—To remove the grape skins, scald with boiling water, and peel at once.

143. ORANGE SOUFFLÉ

Recipe and illustration are given on page 66

144. SHERRY SOUFFLÉ. Six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	1 gill whipping cream
$\frac{1}{2}$ gill milk	2 eggs
$\frac{1}{2}$ gill sherry	Rind and juice of $\frac{1}{2}$ lemon
2 ozs. castor sugar	Ratafia biscuits or macaroons

Whisk the yolks, the sugar, sherry, lemon juice and grated rind over hot water till thick and frothy. Remove from fire, and whisk till cold. Dissolve the Gelatine in the hot water, cool slightly, and stir into the egg mixture. Add the milk, then stir carefully into the whipped cream. Lastly, fold in the stiffly beaten whites of eggs. Pour into a prepared soufflé case. When set, sprinkle the top thickly with crushed ratafias or macaroons, and remove the paper carefully.

Note.—If the cream is very thick add the $\frac{1}{2}$ gill of milk before whipping.

MARASCHINO SOUFFLÉ may be made using $\frac{1}{4}$ gill maraschino and only $\frac{1}{4}$ gill sherry.

145. CHOCOLATE SOUFFLÉ PRALINE.

Five to six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)	
$\frac{1}{2}$ gill water	$1\frac{1}{2}$ gills cream
1 oz. sugar	3 eggs
2 tablespoonfuls milk	2 ozs. Almond Rock
$1\frac{1}{2}$ ozs. chocolate powder	Vanilla essence

Break up the chocolate. Warm it in a pan with the milk till dissolved. Dissolve the Gelatine in the water, and add to the chocolate. Keep warm. Put the yolks and sugar in a basin, and whisk over a pan of water till thick and frothy, add the chocolate mixture, and cool a little. Flavour with vanilla. Half whisk the cream, and add the cool chocolate mixture to it. Add the pounded Almond Rock, and fold in the stiffly whisked whites of the eggs. Pour into a prepared soufflé case. When set, remove the paper band, pipe cream on top, and sprinkle with finely pounded Almond Rock.

ALMOND ROCK

$\frac{1}{4}$ lb. castor sugar	$\frac{1}{2}$ gill water
$1\frac{1}{2}$ ozs. almonds	Pinch of cream of tartar

Blanch and skin the almonds, chop roughly, spread on a tin, and put in the oven till golden brown. Dissolve the sugar in the water, bring to the boil, then add the cream of tartar, and boil till golden brown. Do not stir. Pour into a greased tin, and sprinkle the almonds evenly over at once. Leave till cold. Use as required.

146. CARAMEL SOUFFLÉ. Six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	1 gill milk
3 ozs. granulated sugar	2 tablespoonfuls water
2 eggs	$1\frac{1}{2}$ ozs. castor sugar
1 teaspoonful lemon juice	1 gill whipping cream
Chopped browned almonds	A few drops vanilla

Make the caramel by boiling the granulated sugar and 2 tablespoonfuls of water till of a rich golden brown. When cool, add to it the milk, and leave to dissolve at the side of the fire. Put the yolks and the castor sugar into a basin. Add the caramel flavoured milk, and whisk over boiling water till thick and frothy. Remove from fire, and whisk till cold. Dissolve the Gelatine in the hot water, and stir into the egg mixture. Whip the cream, and stir the mixture gently into it. Lastly, fold in the whites of eggs which have been whisked till stiff. Pour into a prepared soufflé case. When set, decorate the top with browned chopped almonds, and tear away the paper gently, using a knife dipped in boiling water if necessary.

147. PRUNE MOUSSE. Six persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE		
$\frac{1}{2}$ lb. prunes	$\frac{3}{4}$ pint water	3 eggs
Sugar to sweeten	1 gill cream	1 lemon
Carmine	1 $\frac{1}{2}$ ozs. castor sugar	

Wash the prunes and soak over-night in the measured water. Add a strip of lemon rind, stew gently till tender, then sweeten. Remove the stones, rub the prunes through a sieve, measure the pulp, and add enough of the syrup to make $\frac{1}{2}$ pint. Whisk the yolks and castor sugar with the juice of the lemon over hot water till thick and frothy. Dissolve the Gelatine in $\frac{1}{2}$ gill of the prune syrup, made up with water if required, and add to the egg mixture. Mix with the prune pulp, add the half whisked cream, carmine to make a good pink colour, and fold in the whisked whites of eggs. Pour into a prepared soufflé case. When set, remove the paper band, and decorate with whipped cream.

148. CHARLOTTE RUSSE. Seven to eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE		
$\frac{1}{2}$ gill hot water	$\frac{1}{2}$ pint milk	
Yolks of 2 eggs	$\frac{1}{2}$ pint whipping cream	
3 ozs. sugar	$\frac{1}{4}$ gill sherry	
1 teaspoonful vanilla essence	6 or 7 finger biscuits	
Sweet Jelly (Recipe No. 1 or 2)	Decoration of glacé cherries	

Line the bottom of a plain soufflé tin or charlotte mould with jelly and decorate it. Cover the decoration with jelly. Trim and split the biscuits, and fit tightly round the sides. Make a custard of the eggs and milk, and add the sugar. When cool, stir in the Gelatine dissolved in the water. Add the sherry and vanilla. Mix gently into the half whipped cream. When beginning to set, pour into the prepared mould. When set, trim the biscuits level with the cream if they project. Dip the bottom only of the mould in warm water to turn out. Decorate the base with chopped jelly.

Note 1.—The Sweet Jelly may be omitted, in which case line the bottom and sides of the mould with thick white paper, then cover the paper with closely packed finger biscuits. When turned out, decorate with whipped cream and glacé fruits.

Note 2.—Any of the recipes for creams given in the "Cold Sweets" sections may be used for the filling and the Charlotte named accordingly.

149. MACEDOINE OF FRUIT. Twelve to fourteen persons

1 quart Lemon Jelly (Recipe No. 1)	1 large orange
Small tin pineapple or peaches	$\frac{1}{4}$ lb. black grapes
Small tin cherries or $\frac{1}{2}$ lb. fresh cherries	2 bananas
Glacé cherries and pistachios to decorate	

Remove the seeds from the grapes and orange, cut the bananas in thin rounds. Stone the cherries, and cut pineapple or peaches into small pieces. Pour a little jelly into a mould. When firm, arrange on it a layer of fruit, and set with a little more jelly. Repeat until the mould is full. When firm, turn out and garnish with chopped jelly. Any fresh, bottled, or tinned fruits may be used.



Iced Dishes

SPECIAL DIRECTIONS

The addition of Gelatine to ices improves them greatly, making them richer and conferring upon them a smooth and pleasant texture. One to two teaspoonfuls of Gelatine to each quart of ice cream mixture will give the desired result.

Many ices can be frozen successfully in the trays of a refrigerator. The mixture should be stirred occasionally while freezing.

If the ice is to be frozen in a freezer, use two or three parts of ice to one part of coarse salt. The ice should be chipped into small pieces so that it can be packed tightly. The easiest way is to wrap the ice in coarse cloth or sacking, and pound it well with a heavy article such as a flat-iron. Have the can perfectly adjusted on the pivot and working smoothly before putting in the ice and salt. Pack these tightly in alternate layers, finishing with a layer of ice. Be careful that no salt enters the can. The mixture to be frozen should be poured in after the freezer has been packed with ice and salt.

All ingredients for a frozen dish should be cold before they are placed in the freezer or refrigerator. The cream for an ice should be half whisked before it is added. The proportion of sugar affects the consistency of an ice. Too much sugar may prevent the ice freezing, and too little make it hard and rocky. About 4 ozs. sugar to a pint of liquid is a reasonable proportion.

An ice which is to be moulded should not be frozen too stiffly beforehand, for it must take the impression of the mould. Fill the mould to overflowing, put on the lid, and seal the join with lard. Wrap all in a sheet of larded paper, and bury upside down in ice and salt for three or four hours. Then take off the paper, chip off the lard, and dip the mould in cold water. Turn out and serve.

150. LEMON WATER ICE. Eight to ten persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE

$\frac{1}{2}$ lb. sugar

$4\frac{1}{2}$ gills water

4 lemons

Whites of 2 eggs

Put 1 pint water, the sugar, and thinly peeled rind of 2 lemons in a pan, and boil for ten minutes. Add the Gelatine dissolved in the remaining $\frac{1}{2}$ gill of water, add all the lemon juice, strain and cool. When quite cold, put the syrup in a freezer. When half frozen, add the stiffly whisked whites of 2 eggs. Continue freezing till thick enough.

Note.—If desired, the ice can be made without the whites of eggs, and more sugar can be added if necessary.

151. ORANGE WATER ICE. Eight to ten persons

Make as in Recipe No. 150, using the juice of 3 oranges and 1 lemon, and rather less sugar. Add a little yellow colouring.

Note.—Any other fruit juice ice can be made in a similar way.

152. PINEAPPLE WATER ICE. Ten to twelve persons

$\frac{1}{2}$ oz. **COX'S INSTANT POWDERED GELATINE**

1 pint pineapple purée

1 pint pineapple juice and water

1 lemon

3 to 4 ozs. sugar

Put half of the liquid into a saucepan, with the Gelatine, sugar, and thinly pared lemon rind. Stir until boiling, strain and add to the pineapple purée. Add the rest of the liquid and the lemon juice. When the mixture is cold, freeze in the usual way.

153. PLAIN ICE CREAM. Six to eight persons

$1\frac{1}{2}$ teaspoonfuls **COX'S INSTANT POWDERED GELATINE**

1 pint milk

3 ozs. sugar

Vanilla essence

Put the milk, Gelatine, and sugar into a pan, and heat *gently*, stirring all the time, till the Gelatine and sugar are dissolved. Remove at once from the fire, allow the mixture to become quite cold, then stir well, add vanilla to taste, and freeze.

154. CUSTARD ICES. Eight to ten persons

Any proportions of custard and cream can be used for these ices, and the custard may be made with whole eggs, yolks of eggs, custard powder, or cornflour and egg. Very good ices can also be made with a foundation mixture thickened with ordinary flour. 1 teaspoonful Gelatine added to 1 quart of the mixture gives a smooth, creamy ice.

1 teaspoonful **COX'S INSTANT POWDERED GELATINE**

6 ozs. castor sugar

$\frac{1}{2}$ pint cream

Flavouring, *e.g.*, vanilla

$\frac{1}{2}$ gill water

1 pint Custard:—1 pint milk, 1 egg, and 2 yolks; or 1 pint milk, 1 teaspoonful cornflour, and 1 yolk

Dissolve the Gelatine in the water, and add it to the cool custard. Then mix in the sugar, and add all to the half whisked cream. Flavour, and freeze.

Note.—Less cream may be used if so preferred.

EXAMPLES

CHOCOLATE and **COFFEE ICES** can be made by flavouring the pint of milk as in Recipe No. 155, before it is used in the custard.

CARAMEL ICE CREAM.—Flavour milk with caramel as in Recipe No. 121.

GINGER ICE CREAM.—Use ginger essence for flavouring.

155. RICH ICE CREAM. Eight to ten persons

$1\frac{1}{2}$ teaspoonfuls **COX'S INSTANT POWDERED GELATINE**
 1 pint milk $\frac{1}{2}$ pint cream 6 ozs. sugar Vanilla essence

Make as in Recipe No. 153, but just before putting the mixture into the freezer add to it the half whisked cream.

Note.—Less cream may be used, but the sugar must be correspondingly reduced.

VARIATIONS

CHOCOLATE ICE.—Dissolve 3 or 4 ozs. sweetened chocolate in the milk.

COFFEE ICE.—Infuse $1\frac{1}{2}$ to 2 ozs. coffee in the milk or add coffee essence.

Other flavourings may be used as desired.

156. FRUIT ICES. Seven to eight persons

(a) These can be made with equal quantities of fruit purée and cream, or fruit purée, custard, and cream, using 1 teaspoonful of Gelatine to 1 quart of the mixture.

$\frac{1}{2}$ teaspoonful **COX'S INSTANT POWDERED GELATINE**
 $\frac{1}{2}$ pint cream (or custard and cream) $\frac{1}{4}$ lb. sugar
 $\frac{1}{2}$ pint fresh fruit purée Colouring
 2 tablespoonfuls water Squeeze of lemon juice

Add the sugar to the fruit, and pass it through a hair sieve. Colour if necessary, add lemon juice, and Gelatine dissolved in the water. Add to the half whisked cream, and freeze.

Fruits suitable:—Strawberries, raspberries, bananas, oranges, etc.

(b) **Tinned Fruits** may be used instead of fresh fruits to make the purée. Less sugar will be required.

Fruits suitable:—Apricots, peaches, raspberries, strawberries, etc.

(c) **Jam** may be used instead of fruit, but care must be taken when sweetening these ices. As a rule, it is not necessary to add any sugar, as the jam contains enough. A good squeeze of lemon juice is an improvement.

1 teaspoonful **COX'S INSTANT POWDERED GELATINE**
 1 pint custard $\frac{1}{2}$ pint cream 1 teacupful jam
 $\frac{1}{2}$ gill water Colouring Lemon juice

Sieve the jam, and add it to the cold custard. Add colouring, lemon juice, and Gelatine dissolved in the water. Add all to the half whisked cream, and freeze.

157. ICED CHOCOLATE SOUFFLÉS. Six to seven persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	2 eggs
$\frac{1}{2}$ wineglassful maraschino	2 ozs. chocolate
$\frac{1}{2}$ teaspoonful vanilla essence	2 ozs. sugar
1 teaspoonful coffee essence	$\frac{1}{2}$ gill milk
$\frac{1}{2}$ pint whipping cream	Paper soufflé cases

Prepare the soufflé cases with bands of white paper. Let the paper come well above the tops of the cases. Whisk the yolks in a basin with the sugar, maraschino, and vanilla over a pan of hot water till thick and frothy. Remove from the fire, and whisk till cool. Dissolve the chocolate and coffee essence in the milk; add the Gelatine dissolved in the hot water. Cool slightly, and strain into the egg mixture. Whip the cream and fold it in. Add the stiffly beaten whites of eggs. Fill the cases, and set in the refrigerator for two hours. When set, remove the bands, decorate with whipped sweetened cream, flavoured vanilla, and mottled with red colouring.

158. MÆTERLINCK MOUSSE. Six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)	
$\frac{1}{2}$ gill hot water	2 eggs
$\frac{3}{4}$ gill strained honey	$\frac{1}{2}$ pint whipping cream

Whisk the yolks and honey in a basin over boiling water till thick. Remove from the pan, and whisk until cool. Add the Gelatine dissolved in the hot water, and slightly cool. Stir into the whipped cream, then fold in the stiffly beaten whites of eggs, and pour into a prepared soufflé case. Freeze in a refrigerator or ice cave for three or four hours.

159. NESSELRODE ICE. Six to eight persons

Make 1 pint of fairly rich Vanilla Custard Ice Cream mixture (Recipe No. 154), and half freeze it. Add the following ingredients, finely chopped:—

1 oz. almonds or walnuts	1 oz. candied apricots
1 oz. candied pineapple	1 oz. sultana raisins

Continue freezing till stiff. If desired, this ice may be frozen in a mould (see "Special Directions," page 72). Serve with sweetened and flavoured whipped cream.

160. ORANGE SURPRISE

Orange Jelly (Recipe No. 10) Oranges
Ice Cream (Recipe No. 153, 154, 155 or 156)

Take large oranges, cut in halves and scoop out the pulp, using this to make the Orange Jelly. Keep the skins in cold water till required. When the jelly is cool, half fill the orange skins with it, and put aside till set. When firm, pile the ice cream on top, decorate with ice wafers, chopped pistachio nuts, etc., and serve at once. The filling of the oranges may be varied, using Orange Ice Cream and Lemon Jelly, or Apricot Ice Cream and Orange Jelly, etc.

161. SOUFFLÉ À LA CARMEN. Eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
1 gill peach syrup Juice of 1 lemon
 $\frac{1}{2}$ pint peach purée 1 or 2 tablespoonfuls maraschino
 $\frac{1}{2}$ pint whipping cream Crushed macaroons
3 eggs Finely chopped almonds
6 ozs. castor sugar

Whisk the yolks, the sugar, lemon juice, and $\frac{1}{2}$ gill of the cream over boiling water till thick and frothy. Remove from the pan, and whisk till cool. Add the peach purée and the Gelatine dissolved in the peach syrup. Half whip the cream, and stir the egg mixture lightly into it. Flavour with maraschino. Lastly, fold in the stiffly beaten whites of eggs. Pour into a soufflé case, prepared with a paper band. Place in an ice box or refrigerator for two to three hours. Sprinkle the surface with crushed macaroons and almonds. Remove the paper, and serve at once.

162. STRAWBERRY ICES

Recipe and illustration are given on page 83

163. NEAPOLITAN ICE. Eight to ten persons

$\frac{1}{2}$ pint Strawberry or Raspberry Ice (Recipe No. 156)
 $\frac{1}{2}$ pint Chocolate Ice (Recipe No. 155)
 $\frac{1}{2}$ pint Vanilla Ice (Recipe No. 155)

Line a Neapolitan box or a flat, oblong, ice wafer tin with grease-proof paper. Put in a layer of the frozen Strawberry Ice, and flatten it on top, then a layer of the Chocolate Ice, and finally a layer of the Vanilla Ice. Put the lid on, lard the seams and joins, wrap in larded paper, and bury in ice and salt for three or four hours. Turn out when ready, cut into slices, and serve. Instead of burying the mould it may be put in the ice compartment of a refrigerator.

164. CUSTARD À LA VERSAILLES. Eight to nine persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	4 ozs. castor sugar
1 pint milk	1 teaspoonful vanilla essence
2 yolks of eggs	$\frac{1}{2}$ pint whipping cream

Make a custard of the milk and yolks of eggs. Strain, sweeten and flavour, and allow to cool. Add the Gelatine dissolved in the hot water. Stir the half whisked cream into the custard. When cold, freeze. Serve with Empire Sauce made as follows:—

SAUCE

$\frac{1}{8}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	1 teaspoonful vanilla essence
$\frac{1}{2}$ pint milk	Sherry to taste
2 eggs	Sugar to sweeten

Make a custard with the yolks of eggs and milk. Add to it the Gelatine dissolved in the hot water. Sweeten and flavour to taste. When cool and beginning to set, whisk to a froth, folding in the stiffly whisked whites of the eggs. When quite cold, serve with the frozen custard.

165. FROZEN APRICOTS. Twelve persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE	
1 large tin apricots	1 pint whipping cream
3 to 4 ozs. loaf sugar	Water as required

Drain the apricots, and cut them in neat pieces. Measure the syrup, adding enough water to make 1 pint. Put this syrup, the Gelatine, and the sugar into a saucepan, and stir till boiling, then strain, and allow to cool. Whip the cream, stir the syrup lightly into it, then add the pieces of fruit. Freeze, and serve.

166. FROZEN BANANA WHIP. Eight to ten persons

1 teaspoonful COX'S INSTANT POWDERED GELATINE		
$\frac{1}{2}$ gill hot water	4 ozs. sugar	6 bananas
1 gill orange juice	1 pint whipping cream	

Press the bananas through a hair sieve, add the sugar, orange juice, and the Gelatine dissolved in the hot water. When cool, whisk until light, then fold in the whipped cream. Pour into a chilled mould. Put on a tight-fitting lid. Seal the edges of the lid with lard. Wrap in larded paper. Bury in ice and salt for four hours.

167. ICE PUDDING. Six persons

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{1}{2}$ gill hot water	2 ozs. castor sugar
$\frac{1}{2}$ pint custard	2 ozs. crystallised fruits
1 gill cream	1 or 2 tablespoonfuls maraschino

Cut the fruits in small pieces, and soak in the maraschino. Dissolve the Gelatine in the hot water, and stir it into the custard with the fruits. Add the sugar. Half whip the cream, stir the custard mixture into it, and when perfectly cold, half freeze. Mould, seal with lard, and bury in ice and salt for three hours.

168. FROZEN JAFFA SOUFFLÉ. Eight persons

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)		
1 gill hot water	4 ozs. castor sugar	3 eggs
1 gill orange juice	$\frac{1}{2}$ pint whipping cream	

Whisk the yolks, sugar, and orange juice in a basin over hot water until thick and frothy. Remove from the pan, and whisk until cool. Add the Gelatine dissolved in the hot water and slightly cooled. Fold in the whipped cream, and add the stiffly beaten whites of eggs. Pour into a prepared soufflé case, and chill in an ice cave or refrigerator.

Note.—Tangerine juice may be used, or a mixture of tangerine and orange. Decorate with liths of tangerine, dipped in sugar, boiled to the crack, and set aside to cool on an oiled plate.

169. JELLY RINGS

Lemon Jelly (Recipe No. 1)
Ice cream or cream and fruit filling

Mould Lemon Jelly, coloured as desired, in a shallow tin. When very firm, turn out on a flat damp surface. Stamp out rounds with a cutter dipped in boiling water. Choose a cutter of a size to fit the ice plates. Lay the rounds on the plates, and, with a smaller cutter, stamp out the centres and remove them carefully. Set aside in a cool place, and, when required, pile up ice cream inside the rings. The jelly centres may be melted down to form a new mould, or, if unbroken, may be used for Imperial Pudding or Imperial Rings (Recipe No. 76). The Jelly Rings may be arranged round a crystal or silver dish, and filled with whipped cream and fruit.

Confectionery

170. FRENCH JELLIES

1½ ozs. COX'S INSTANT POWDERED GELATINE

1¼ pints water

Flavouring

2 lbs. granulated sugar

Pinch of citric acid

Measure the water, Gelatine, and sugar into a saucepan. Stir till boiling, then allow it to boil for twenty minutes. Add citric acid. Divide the jelly into two or three portions, and flavour and colour differently; for instance, add a little brandy or strawberry essence to one and colour pale pink, to another lemon essence, to another green colouring and flavour with peppermint. Chopped nuts, dates, or figs may be added. Pour into soup plates or tins, which have been rinsed out with cold water, and leave over-night. Next day, turn out on paper dusted with icing sugar. Cut in squares, and toss each piece in icing sugar. Leave exposed to the air for three or four hours; pack in tins.

Note.—Any flavourings and colourings can be used, *e.g.*, orange, raspberry, pineapple, etc., and the jellies named accordingly.

171. CRÈME DE MENTHE PASTILLES (Illust. on p. 84)

½ oz. COX'S INSTANT POWDERED GELATINE

1½ gills cold water

Peppermint essence

1 lb. granulated sugar

Green colouring

Soak the Gelatine in ½ gill of the water. Dissolve the sugar in the remaining gill of water, then boil for five minutes. Remove from fire, add the Gelatine, flavouring and colouring, and stir until creamy. Pour into a greased tin. When firm, stamp out with a small round cutter, or cut in squares. Toss in a mixture of icing sugar and cornflour, and pack in a box.

Note.—Other colourings and flavourings can be used if desired, *e.g.*, vanilla, coffee, violet, rose, strawberry, etc.

172. GINGER JELLIES

1 oz. COX'S INSTANT POWDERED GELATINE

¾ pint water

1 tablespoonful lemon juice

4 ozs. preserved ginger

1 lb. granulated sugar

cut in small pieces

Measure the water, Gelatine, and sugar into a saucepan, and stir until boiling, then boil briskly for fifteen minutes. Add the lemon juice and ginger, and pour into wet tins. Allow the jelly to stand over-night, then turn out, cut in squares, and toss in fine granulated sugar.

173. TURKISH DELIGHT (Illustrated on page 84) **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

1 lb. sugar	1 gill water	1 teaspoonful rum
Icing sugar	Carmine	$\frac{1}{2}$ gill orange juice
1 teaspoonful rose essence		

Dissolve the 1 lb. sugar in the water, then bring it to boiling point, and boil for five minutes. Dissolve the Gelatine in the orange juice, and add it to the hot sugar syrup. Stir till the mixture cools to blood heat. Add the essence, rum, and colouring, then add 1 oz. sifted icing sugar. Mix thoroughly, and pour into a buttered tin. When firm, turn out on a paper dusted with icing sugar. Cut into squares, dust well with icing sugar, and pack into boxes with plenty of icing sugar between the layers.

174. CHOCOLATE WALNUTS **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

$\frac{1}{2}$ gill cold water	2 ozs. grated chocolate
10 ozs. icing sugar	Vanilla essence
2 teaspoonfuls liquid glucose	Some shelled walnuts

Sift the icing sugar. Put the Gelatine, chocolate, and half of the sugar with the water into a saucepan, and stir over the fire till boiling. Add the glucose and stir till dissolved. Add vanilla. Put the remainder of the icing sugar on a slab. Pour the hot sugar mixture into the centre, and work all to a smooth paste. When firm, knead well, using a little more icing sugar. Shape into a roll, cut off small pieces, and shape into balls. Press two halves of walnut on each ball. Put in a cool place to harden.

175. FRUIT PASTILLES (Illustrated on page 84) **$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE**

1 lb. apricot pulp (from tinned apricots)	12 ozs. sugar
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Put the ingredients in a saucepan, and stir over a slow fire till boiling, then continue to boil until quite thick, stirring all the time. Test by putting a drop on a cold plate. If it sets in a few minutes the mixture is ready. Have some peppermint rings rinsed in cold water. Put them on a wet plate or slab, and put a teaspoonful of the boiled mixture in each. When set, press them out of the rings, and toss in granulated sugar. If no peppermint rings are available, have a large piece of white paper ready with plenty of granulated sugar sprinkled on it. Allow the mixture to cool slightly, then drop small teaspoonfuls on the sugar, and sprinkle sugar over them until covered. When firm, loosen, and pack in boxes.

176. GELATINE FONDANT

½ oz. COX'S INSTANT POWDERED GELATINE**1 lb. castor sugar****½ gill water****1 gill water****1¼ lbs. icing sugar**

Dissolve the castor sugar in 1 gill of water, then bring to the boil, and boil for five minutes. Remove from the fire, and add the Gelatine dissolved in the ½ gill of water. Stir for a few minutes, then gradually add the sifted icing sugar, stirring all the time with a wooden spoon until the mixture becomes thick. Turn it into a bowl, cover with a damp cloth, and leave till firm. When ready, turn the fondant on to a board dusted with icing sugar, knead it well, colour and flavour as desired, and mould into sweets.

USES

PEPPERMINT CREAMS.—Add peppermint essence to flavour, and work it well into the fondant. Roll the mixture to about ¼ inch in thickness on a board sprinkled with icing sugar. Cut in rounds with a cutter, place on grease-proof paper. Leave for an hour, then pack in boxes or tins.

Other flavourings.—Raspberry, ginger, pineapple, lemon, etc.

CHOCOLATE LOGS.—Melt some chocolate by putting it in a small bowl, and standing it in a pan of boiling water. When melted, work it well into the fondant; add also a little vanilla essence. Shape it into a long roll on the board, roll it in chopped walnuts, then cut into small logs about 1 inch in length. Leave for one hour on grease-proof paper, then pack in boxes or tins.

STUFFED DATES, Etc.—Colour and flavour the fondant as desired, then make it into small balls or rolls, and use it to stuff dates, French plums, and glacé cherries. Leave for one hour, then pack.

WITH NUTS.—Colour and flavour as desired.

(a) Shape into balls, and stick half a shelled walnut on each side.

(b) Colour green, make into small egg-shaped pieces, and stick a blanched almond in each.

(c) Work some chopped walnuts or almonds in the fondant, roll out about ½ inch in thickness. Cut into diamond-shaped pieces.

(d) Colour pink, and work some grated cocoanut into the mixture. Shape into balls, and toss in cocoanut.

177. MARSHMALLOWS (Illustrated on page 84)

$\frac{3}{4}$ oz. **COX'S INSTANT POWDERED GELATINE** (short measure)
 10 ozs. granulated sugar 1 dessertspoonful glucose
 1 $\frac{1}{2}$ gills water White of 1 egg
 $\frac{1}{2}$ gill orange-flower water

Put the sugar, glucose, and 1 gill of water in a pan, dissolve the sugar, then boil to 260 degrees F. Melt the Gelatine in the other $\frac{1}{2}$ gill of water, and the orange-flower water. When both are ready, pour the sugar syrup on the Gelatine mixture, strain into a warm basin, and beat for a few minutes. Add the stiffly whisked white of egg, and beat till the mixture is quite stiff. Pour into a tin lined with grease-proof paper, and dusted with icing sugar. Dust icing sugar on top, and leave till set. When quite firm, turn out on a paper dusted with icing sugar. Cut into squares with scissors, and toss in icing sugar. Leave exposed to the air for twenty-four hours, then pack in air-tight boxes. Chopped nuts or cherries can be added, and various flavourings used. The Marshmallows may be coated with chocolate if desired. Fruit juices may be used in place of the water and essence.

178. DATE DAINTIES

3 ozs. **COX'S INSTANT POWDERED GELATINE**
 1 pint water 2 ozs. chopped blanched almonds
 1 lb. sugar 1 orange
 $\frac{1}{2}$ lb. dates 1 lemon
 3 tablespoonfuls sherry 1 gill water
 3 ozs. chopped walnut meats

Chop the dates finely, and simmer them for ten minutes with the grated rind and juice of the orange, the lemon juice, and 1 gill of water. Put the 1 pint of water, the Gelatine, and the sugar into a saucepan, and stir till boiling, then allow it to boil for ten minutes. Add the date mixture, and boil for ten minutes stirring constantly. Remove from fire, add the chopped nuts and sherry, and pour into shallow tins which have been dipped in cold water, and allow to stand over-night. Turn out, cut in neat squares, and roll in powdered sugar. Figs may be used instead of dates.



STRAWBERRY ICES. Seven to eight persons

- | | |
|---|----------------------------------|
| $\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE | |
| $\frac{1}{2}$ gill hot water | 3 ozs. castor sugar |
| $\frac{1}{2}$ pint thick cream | Whites of 2 eggs stiffly whisked |
| 1 pint ripe strawberries | Carmine to colour |
| 1 gill whipping cream and castor sugar to sweeten | |

Rub the strawberries through a hair sieve. Add the sugar and the Gelatine dissolved in the hot water. Half whip the cream, and add the strawberry mixture to it. Colour with a few drops of carmine. When cool, fold in the stiffly beaten whites of 2 eggs. Freeze and serve with fresh berries and whipped sweetened cream as decoration.



CONFECTIONERY

Crème de Menthe Pastilles	.	.	.	.	See Recipe No. 171
Turkish Delight	.	.	.	„ „	No. 173
Fruit Pastilles	.	.	.	„ „	No. 175
Marshmallows	.	.	.	„ „	No. 177

Invalid Dishes

179. INVALID BEEF TEA JELLY

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE

$\frac{1}{2}$ pint strong beef tea

Make $\frac{1}{2}$ pint of good beef tea. Carefully remove all fat. While still hot, stir in the Gelatine till dissolved. Season, if desired. When cool, pour into small wet moulds, or into china cases in which it may be served without unmoulding.

CHICKEN JELLY.—Use good well flavoured chicken stock in place of the beef tea. Less Gelatine will be required if the stock has been well reduced by long boiling with chicken bones.

VEAL JELLY.—Use good well flavoured veal stock instead of beef tea.

180. MEAT JELLY WITH VERMICELLI

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

$\frac{1}{4}$ lb. lean neck of mutton $\frac{1}{4}$ lb. beef (from thick part of leg)

$\frac{1}{2}$ oz. vermicelli A little salt

$1\frac{1}{2}$ pints cold water 1 tablespoonful brandy

Seasoning, if allowed

Cut the meat very small, and put it into the water. Allow to stand for half an hour, then bring to simmering point. Add a little salt, then throw in the vermicelli. Simmer for four or five hours, taking care that the water is not reduced to less than a pint. Stir in the Gelatine, and when dissolved, strain the stock. Remove all fat, and add the brandy. When cool, pour into small wet dariole moulds. If preferred, this jelly may be served hot as beef tea. Other meats, poultry, etc., may be used.

181. EGG JELLY

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE (good measure)

1 gill water 1 orange 1 lemon

3 ozs. sugar 1 egg

Pare the lemon and orange rind thinly. Measure the juice, adding about a gill of water to make the total quantity up to $\frac{1}{2}$ pint. Beat the egg to mix it thoroughly. Put all the ingredients except the egg into a small saucepan, and stir until boiling. Cool slightly, and pour over the egg. Strain, and mould when cool.

Note.—The jelly can be made with either orange or lemon juice instead of a mixture of the two.

182. BLANC MANGE OR MILK JELLY

 $\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE

1 pint milk

2 ozs. castor sugar

Vanilla or rum or lemon rind

Put the lemon rind and milk in a pan, heat slightly, and allow to stand for ten minutes to extract the flavour. Add the Gelatine and sugar, and stir gently till dissolved. Strain, stir occasionally till the mixture begins to thicken, then pour into a wet mould.

Note.—If an essence is used to flavour it should be added after the Gelatine and sugar have been dissolved.

183. PORT WINE JELLY

 $\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE

1 gill water

1 inch cinnamon stick

3 gills port

1 tablespoonful red currant jelly

1 lemon

2 ozs. sugar (or less, if preferred)

Pare the lemon rind very thinly, and put it with the Gelatine, the lemon juice, and all the other ingredients into a saucepan. Stir until boiling, then draw aside, and leave to infuse for ten minutes. Strain through muslin. Mould when cool.

Note.—This jelly may be cleared with the white and shell of 1 egg, but the flavour is better if left uncleaned.

184. AMBER JELLY

 $\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE (short measure)1 $\frac{1}{4}$ gills cold water

2 eggs

4 ozs. sugar

1 gill sherry or marsala

 $\frac{1}{2}$ gill lemon juice

1 lemon rind

Put the yolks, sherry, and sugar in a saucepan, and whisk over a slow fire till thick and frothy. Remove from fire, and whisk till cool. In a small saucepan put the thinly pared lemon rind, the water, and the Gelatine, and stir till almost boiling. Add the lemon juice. Strain. When cool, whisk into the yolk mixture. Fold in the stiffly whipped whites of eggs. When beginning to set, pour into small moulds.

185. GLOUCESTER JELLY

1 oz. COX'S INSTANT POWDERED GELATINE
1 gill hot water 2 quarts cold water
1 oz. ground rice 1 oz. sago
1 oz. pearl barley

Boil gently all the ingredients, except the Gelatine and the gill of hot water, for about two hours until the liquid is reduced to about $1\frac{3}{4}$ pints. Strain. Add the Gelatine dissolved in the gill of hot water mixed with a gill of the liquid. Put aside till wanted. It may be sweetened and flavoured and eaten like jelly. A few spoonfuls may be dissolved in milk, tea, or broth. It is nourishing and easily digested.

186. BROWN BREAD CREAM

$\frac{3}{4}$ oz. COX'S INSTANT POWDERED GELATINE
1 gill hot water $\frac{1}{2}$ pint whipping cream
1 pint milk 2 ozs. brown bread crumbs
3 ozs. sugar A few drops vanilla essence

Prepare the bread crumbs, then pour over them a pint of boiling milk. Add the sugar, vanilla, and Gelatine dissolved in the hot water. When cool, stir into the whipped cream. Mould when beginning to thicken. A little brandy or wine may be added if the doctor approves.



Miscellaneous Recipes

187. MEAT GLAZE

$\frac{1}{2}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{2}$ pint hot water 1 tablespoonful meat extract

Dissolve the Gelatine and meat extract in the water. Boil until the mixture coats a spoon. Pour into a jar, cover immediately and keep tightly covered until wanted for use. To melt the glaze, when required for coating tongues, etc., stand the jar in hot water.

For immediate use—

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 $\frac{1}{4}$ teaspoonful meat extract $\frac{1}{4}$ gill water

Put all in a small pan, stir till it boils, then boil a few minutes till slightly thickened. Use at once.

188. MAYONNAISE SAUCE

1 yolk of egg $\frac{1}{4}$ teaspoonful dry mustard
Pinch of salt $\frac{1}{4}$ teaspoonful castor sugar
A little pepper 1 gill salad oil
Vinegar, or vinegar and lemon juice

Mix the yolk, sugar, and seasonings in a basin, then add the salad oil drop by drop, stirring vigorously all the time. When the mayonnaise is quite thick, thin it down with vinegar, then add more oil, beating constantly, and continue till all is used. Cream may be used instead of some of the salad oil, or a little whipped cream may be added at the last to the above mixture. Reseason to taste.

189. RED MAYONNAISE

To $\frac{1}{2}$ pint of Mayonnaise Sauce (Recipe No. 188) allow 1 gill of thick tomato purée or cold tomato sauce. Mix gradually, season to taste, and colour red as required.

190. ASPIC MAYONNAISE

Mix 1 gill Mayonnaise Sauce (Recipe No. 188) and $\frac{1}{2}$ gill cool liquid Aspic Jelly (Recipe No. 16). Strain through muslin, and use when almost setting. If the Aspic Jelly is not very stiff, a little Gelatine may be dissolved in it before it is added to the mayonnaise.

191. BECHAMEL SAUCE

1½ ozs. butter	1½ ozs. flour	1 pint milk
Salt	8 peppercorns	Bunch of herbs
Blade of mace	Small piece carrot	½ bay leaf
Small piece onion	1 tablespoonful cream	

Put the milk in a pan with the vegetables and flavourings. Bring slowly to boiling point, then leave at the side of the stove with the lid on for fifteen minutes to extract the flavours of the ingredients. Strain. Melt the butter, add the flour, and cook well, then gradually add the strained milk. Stir till boiling, and boil for ten minutes. Add seasoning and cream. Reheat, and use as required.

192. WHITE CHAUDFROID SAUCE

½ pint Bechamel Sauce (Recipe No. 191)
 1 gill (good measure) stiff Aspic Jelly (Recipe No. 16)
 1 or 2 tablespoonfuls cream

Heat the sauce, add the liquid aspic gradually, then tammy* the sauce. Add the cream, cool, and use when beginning to thicken.

Brown or tomato sauce can be used instead of Bechamel Sauce to make Brown or Tomato Chaudfroid.

Or

⅛ oz. COX'S INSTANT POWDERED GELATINE
 ½ pint Bechamel Sauce 1 tablespoonful cream
 Little water Seasoning

Dissolve the Gelatine in a little water. Add it to the warm sauce. Tammy*, add cream, stir till setting, then use.

* Wring or rub the sauce through a tammy-cloth or double muslin to give it a smooth glossy finish.

193. SAUCE FOR LOBSTER, SALMON, Etc.

1 gill Aspic Jelly (Recipe No. 16) 1 gill whipping cream
 1 gill Mayonnaise Sauce (Recipe No. 188)

Whisk the Aspic Jelly until frothy and stiff, then stir in the mayonnaise and the whipped cream, and serve with cold salmon or lobster.

194. APRICOT SAUCE

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
$\frac{3}{4}$ pint cold water	Squeeze of lemon juice
2 ozs. sugar	3 tablespoonfuls apricot jam.
A little carmine	$\frac{1}{2}$ wineglassful rum
$\frac{1}{2}$ wineglassful maraschino	

Put the sugar, jam, lemon juice, and $\frac{1}{2}$ pint water into a pan, and boil for ten minutes. Add the Gelatine dissolved in the remainder of the water. Colour if necessary, and add the rum and maraschino. This sauce is delicious with Gelatine puddings.

Note.—Strawberry and Raspberry Sauces may be made as above, using strawberry or raspberry jam. If desired, the rum and maraschino may be reduced or omitted, but the quantity should be made up with water.

195. ORANGE SAUCE

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE	
1 gill boiling water	2 tablespoonfuls brandy
Pulp of 4 oranges	$\frac{1}{2}$ pint cold water
4 ozs. sugar	

Put the orange pulp, cold water, and sugar into a saucepan, boil gently for fifteen minutes, then add the Gelatine mixed with the hot water. Strain, and flavour with the brandy.

196. LEMON SAUCE

Filling for Lemon Pie (Recipe No. 116)

This recipe may be used as a coating sauce. When cold and beginning to set, pour it over the pudding. For a pouring sauce, add an extra $\frac{1}{2}$ gill of water, and when cool, pour it round the mould.

197. CONFECTIONERS' CUSTARD—A Cake Filling

1 teaspoonful COX'S INSTANT POWDERED GELATINE	
$1\frac{1}{2}$ teaspoonfuls hot water	1 teaspoonful lemon juice
$1\frac{1}{2}$ gills milk	Vanilla
1 yolk of egg	Sugar to sweeten
A little lemon rind	

Heat the milk with a little thinly pared lemon rind, and pour it on the yolk. Return to the rinsed pan, and stir till thickened. Strain into a basin, add lemon juice, sweeten and flavour to taste. Dissolve the Gelatine in the hot water, and stir into the custard. When cool, this custard may be used as a filling for cakes and tartlets.

198. ORANGE CURD—A Cake Filling

$\frac{1}{4}$ oz. COX'S INSTANT POWDERED GELATINE
 1 gill water Juice of $\frac{1}{2}$ lemon
 Juice of 1 orange 1 yolk of egg
 Grated rind of 1 orange 3 ozs. sugar

Put all the ingredients into a small pan, and stir till almost boiling. Strain. When cold, use as a tart or cake filling. 2 tablespoonfuls of thick cream stirred in when the mixture has cooled slightly makes a more opaque filling. If the eggs are small use 2 yolks.

LEMON CURD can be made in the same way. Omit the oranges and use 2 lemons. Add more sugar if necessary.

199. SUBSTITUTE FOR WHIPPED CREAM

$\frac{1}{2}$ oz. (or a little less) COX'S INSTANT POWDERED GELATINE
 $\frac{1}{4}$ pint cream 1 $\frac{1}{2}$ ozs. castor sugar
 $\frac{3}{4}$ pint milk Vanilla essence to taste

Whip the cream, and add the sugar and vanilla. Dissolve the Gelatine in the milk, cool, whip, and gently stir in the cream.

200. CUSTARD FOR CREAMS AND PUDDINGS

1 pint milk 1 to 2 ozs. sugar Flavouring
 Yolks of 4 eggs *or* 1 egg and 2 yolks *or* 2 whole eggs

Heat the milk in a pan with a strip of lemon rind. Beat the eggs and sugar. Pour the warm milk over, strain, return to the pan, and stir over the fire till it thickens. Pour out at once. Care must be taken not to heat the mixture too much or it will curdle. If this happens, pour it at once into a cold bowl, and whisk well. If an essence is used to flavour it should be added after the custard is removed from the fire.

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